

REDBOOK

A full-page photograph of actress Kyra Sedgwick. She is smiling, looking towards the camera, with her left hand resting on her neck. She has long, wavy blonde hair. She is wearing a bright pink sleeveless top with a draped front and white jeans. She is also wearing several silver bangles on her left wrist and a long necklace with a dragonfly pendant.

Snap into a good mood!

Mini-tricks for extra happiness & gratitude

10 HABITS THAT REALLY SCARE DOCTORS

How to never split up

Save your marriage—or a friend's

Money tips that make life easy

p.123

Kyra Sedgwick

The Closer star on love, lust & the real-life crime that changed her

**WE'LL
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YOUR DEBT!**
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more
freebies

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**30
DAYS
OF NEW
OUTFITS**
for the price
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**Less
stress,
better
skin** p.59

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It's our MONEY issue!

A MONTH OF STYLE—
FOR UNDER \$200 **46**

HOW TO BEAT YOUR
MONEY FEARS **123**

ROOM MAKEOVERS ON
A TINY BUDGET **150**

Plus, we're giving away
thousands of prizes
throughout the issue. Just
look for this icon:



Enter for a chance to win at
redbookmag.com/freebies.
See **page 174** for details.
No purchase necessary.

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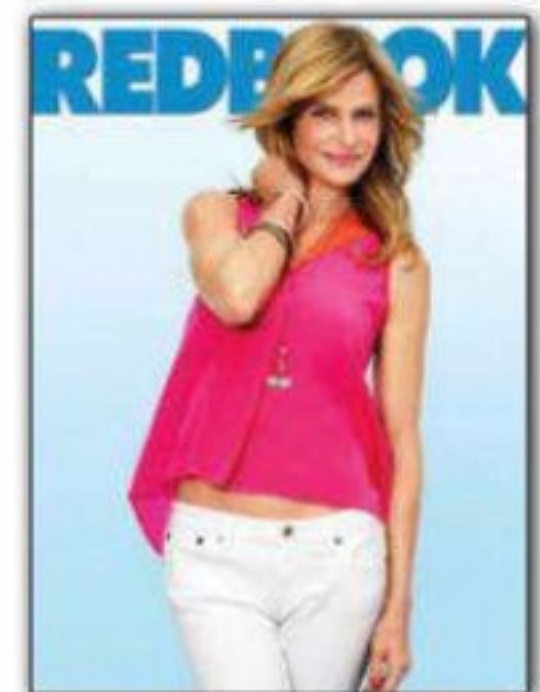
All sorts of little things that will put a smile on your face and a spring in your step this month. Just wait till you see the babies on page 28!

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Kyra Sedgwick photographed exclusively for REDBOOK by Matt Jones. Hair: Oscar Blandi for Oscar Blandi Salon/Haircare. Makeup: Anthea King for Laura Mercier at See Management. Manicure: Tatyana Molot at ArtistsbyTimothyPriano.com. Stylist: Cristina Ehrlich. Blouse: Cristina Ehrlich for Jeunesse. Jeans: MiH. Necklace and bangles: Pandora. Get Kyra's cover look with Ceramide makeup by Elizabeth Arden: Ceramide Lash Extending Treatment mascara in Black, Ceramide Cream Blush in Nectar, and Ceramide Ultra Lipstick in Melon. For hair like Kyra's, try Touchably Smooth Smoothing Mousse by Herbal Essences.

COLETTE DE BARROS

Melanie is a Force of Beauty. She's an actress, a black belt and a mechanical engineer. See how we fell in love with Melanie without ever seeing her face at bareMinerals.com.

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Finance without fear!

Economists have an amazing ability to find the black lining inside every silver cloud. As the good news about jobs and growth began rolling in (finally!) last fall, they reminded us that momentum could be lost at any time. They never stopped stoking the worry furnace—as if we needed that.

Most of us have been anxious about the economy and our own personal finances for years now. My first brush with money panic happened at 18, when I needed to come up with thousands of dollars to cover the room and board portion of my college tuition. I had only one summer to earn it, so I got myself two waitressing jobs at greasy-spoon restaurants and worked as many shifts as I could, stuffing my tips in a shoe box each night when I got home. Pretty soon

the top wouldn't stay on the box, but I was too scared of coming up short to even count my stash. In late August, I went to the bank clutching my shoe box, and watched as a put-upon teller counted out close to \$6,000, almost all of it in *ones*. It was way more than I needed to pay the first major bill of my life. Satisfying? Oh, yes. But I could have saved myself all that nail-biting if I'd simply made weekly deposits. Plus, I would have earned enough interest for a nice dinner out, including a big tip for the waitress!

When we talked to experts for this, our money issue, they confirmed what I learned that summer: Financial worry can motivate you—or paralyze you. That's why our in-depth package begins on [page 123](#) with a quiz

to help you determine if you worry enough, too much, or too little, and then tells you how to adjust your mind-set so you can think about money when you need to and forget it the rest of the time. Elsewhere in the issue, we'll help you live stylishly while saving a shocking amount of moola. On [page 150](#), Lara Spencer shares her gift for creating chic rooms around thrift-store finds, many under \$50—all from her new book, *I Brake for Yard Sales*. For under \$200, total, our fashion editors bring you “30 Days of New Outfits” ([page 46](#)), and our new front section, “Inspiration Board,” is stocked with happiness secrets that don't cost a cent. Oh, wait—one more thing: The 2,157 giveaways in this issue are worth a REDBOOK-record-breaking \$243,235. I am refraining from using multiple exclamation marks, but *wow*.



Green saves green... which is why we'll be bringing you an eco-tip in our money section every month. Start by setting your computer to go into energy-saving mode after 15 minutes of inactivity. You'll save 400 kilowatt-hours a year, enough to light your home for up to *five months* using energy-efficient bulbs.



Freebies lovers, look for this icon! It's all over the issue—we're giving away thousands of items.

SHOP THE COVER

Get Kyra's look... for less!



Necklace, Mark, \$22; meetmark.com. Jeans, Aéropostale, \$24.75; aeropostale.com. Top, Express, \$39.90; express.com.



Jill

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THINGS AT ONCE. PERFECTLY."**

Julianna Margulies

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†SPF 20 SKU only.

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Make this your most romantic month

redbookmag.com/aprilsextips

April showers bring... an excuse to stay in and get busy. We've got the calendar to inspire you: a sexy little act for every day until May.



tweet!
tweet!



What lipcolor do you wear most: red? pink? a schmear of balm? Tweet it to us @redbookmag with #RedbookSmooch for a chance to win one of 10 Fresh Sugar Advanced Therapy Lip Treatments.



Eat for energy!

redbookmag.com/energymeals

Instead of surviving your day on carbs and sugar fumes (the ones that make you grouchy after a couple of hours), try these 20 healthy and super-easy recipes. Consider them delicious fuel for a busy life.

REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Scotty Stepan, 51, Vancouver, WA

Job: Owner of a coffee business

Family: Married 1 year; father of Michael, 26, and Megan, 26; stepfather of Jason, 25, Porsha, 21, and Skyler, 17



Exactly what your closet needs

redbookmag.com/celebfashiontricks

Pack away your cold-weather gear (resist the urge to burn it all) and make your whole wardrobe feel new with adorable—and affordable—ideas borrowed from a few chic celebs.



WIN FREE ART!

It's spring—why not add some color to your walls? Every day this month, we're giving away a free print of your choosing from gallerydirect.com. Enter for a chance to win yours at redbookmag.com.

Mer'a Stepan, 51, wasn't convinced she'd find love when she signed up for Match.com in 2010. But four hours into her "non-date" with Scotty, she was singing a different tune. "We were enjoying each other so much, we forgot to eat!" she remembers. Just two months later—no time wasted here—Scotty proposed. But Mer'a knew it was right. "Scotty raised his adopted twins as a single dad for over a decade before we met," she says. "I admired him so much." Now, Scotty likes to surprise Mer'a with mini adventures—"like the time we snowshoed out to a gorgeous spot where he spread out a blanket, wine, and cheese. It was so romantic." And he's quite the domestic god: "He's an amazing cook, he can fix anything, and he draws a bath for me when I've had a long day. Seriously, he's my hero."

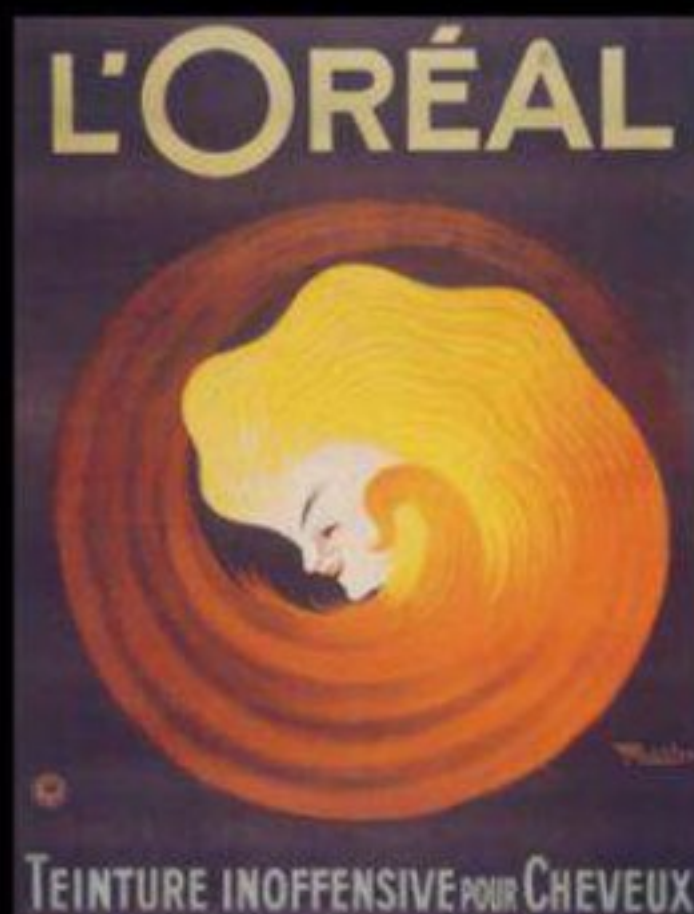


DOES YOUR GUY BELONG HERE?

Go to redbookmag.com/hothusbands2013 and enter him in our America's Hottest Husband contest. His sexiness could win you a luxe trip for two! See [page 174](#) for details.

THE YEAR OF THE BLONDE

BY CHRISTOPHE ROBIN FOR L'ORÉAL PARIS



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1909

L'Oréal invents haircolor as we know it.

BOMBSHELL

noun: a figurative sense of a shattering or devastating thing or event. A pretty woman (esp. a blonde).
"Bombshell Blonde," a 1933 movie with actress Jean Harlow.



Since the invention of blonde haircolor, there are more blondes in the world now than at any other point in history.



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JAZZ-AGE BLONDE

In 1929 the introduction of L'Oréal Blanc reveals the secret of platinum blondes.

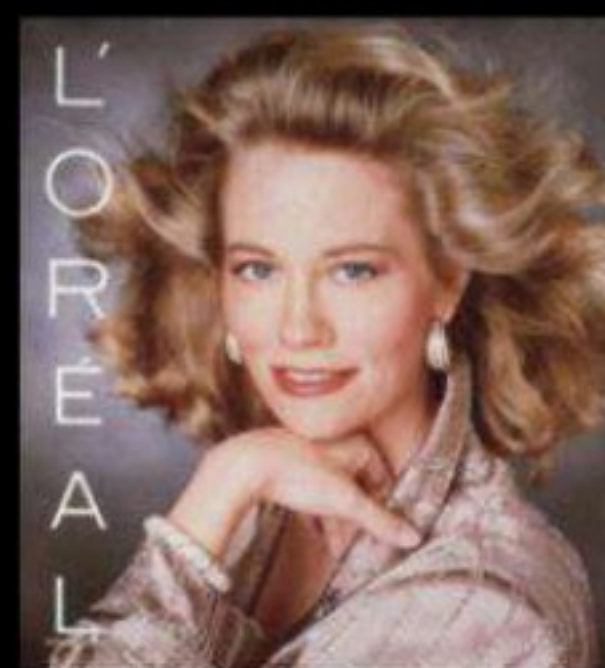
BLONDE INSPIRATION

HISTORY SHOWS THAT WOMEN LOVE BEING BLONDE. THANKS TO L'ORÉAL.

THE MOST POPULAR
BLONDE HAIRCOLOR IN
THE U.S. IS PREFERENCE.*

POWER BLONDE

For the last decade Gwen Stefani, singer, actress and designer, trademarks an all-out bombshell blonde with her signature shade.



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ALL-AMERICAN BLONDE

In the 1980s Cybill Shepherd, actress, singer and model, embodies the quintessential sun-kissed blonde.

BLONDES HAVE MORE FUN**

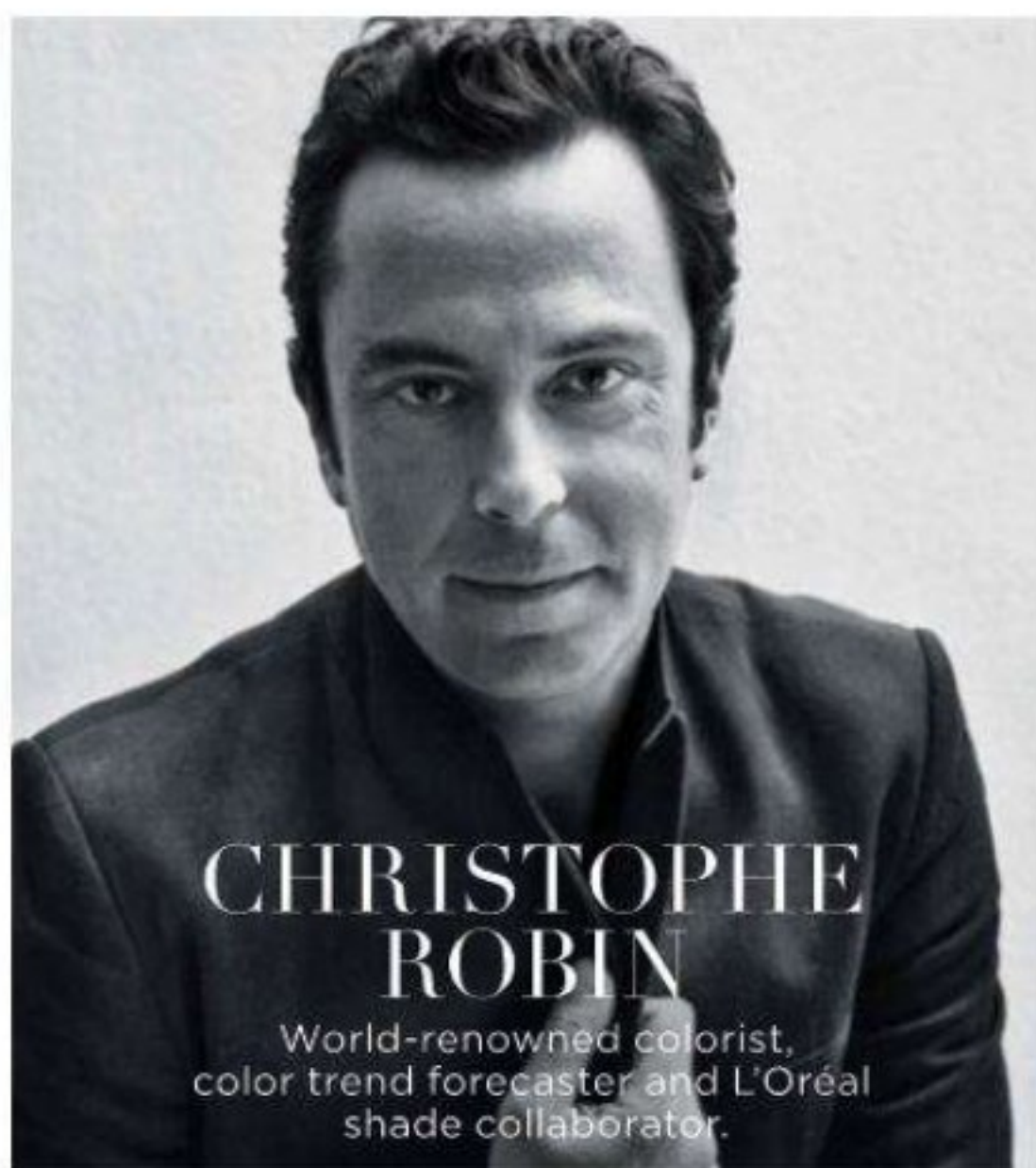
**ACCORDING TO A 2010 STUDY AT NOTTINGHAM TRENT UNIVERSITY IN NOTTINGHAM, ENGLAND



In 1973 a 23-year-old junior copywriter from McCann Erickson writes "Because You're Worth It." for a blonde Preference® campaign. That sentiment continues to empower women 40 years later.

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*Based on IRI unit sales in food, drug and major discount retailers (excluding Walmart), full year 2011.



THIS IS THE ULTIMATE MOMENT TO GO BLONDE.

MILLIONS OF WOMEN ARE
DOING IT. AND WE'VE CREATED
MORE TYPES OF AMAZING BLONDE
HAIRCOLOR THAN EVER FOR THEM.
NOW, LIKE NEVER BEFORE, NO
MATTER WHAT TYPE OF BLONDE
YOU WANT TO BE, YOU CAN...

**"BLONDE IS BEAUTIFUL - AND
TIMELESS. BUT IT'S ALSO THE
HARDEST COLOR TO ACHIEVE.**

And the most difficult to sustain. Which is
why it's so important to do blonde the right
way. In my opinion, L'Oréal has a spectrum
of blonde haircolor unmatched by any other.
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about being the best blonde YOU can be."

Christophe Robin

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GLAMOROUS BLONDE

CHRISTOPHE ROBIN ON PREFERENCE® BLONDES:

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head-turning shine.

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so color stays true-to-tone
for up to 8 weeks.

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conditioners indulge hair
with softness.



CLASSIC BLONDE

CHRISTOPHE ROBIN ON EXCELLENCE® BLONDES:

"Just because you have grays doesn't mean you can't get a beautiful blonde color result. Excellence blondes, like Diane's Champagne Blonde 8 1/2A, are ultra luxurious and radiant – so the color won't harden your features. And still covers even the most stubborn grays seamlessly. For me, these are blondes that live up to the highest standard."



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deeply rich and radiant color.

TRIPLE-PROTECTION
complete care, with Pre-Treatment
Serum and intense conditioning.

100% GRAY COVERAGE
even works on fragile, dry, and
coarse hair – hiding every last gray.



BOLD BLONDE

CHRISTOPHE ROBIN ON FÉRIA® BLONDES:

"Who says blondes can't be edgy? In my opinion, Féria is the blonde that breaks the rules. Multi-dimensional color that has real attitude. And the way it's always glimmering with tons of shimmer and highlights – blondes like Dark Golden Blonde 73 demand attention – and get it."



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CHRISTOPHE ROBIN ON HEALTHY LOOK® BLONDES:

"A really good natural-looking blonde is hard to find. What Healthy Look does that is so different is to make blonde absolutely believable. These kinds of blondes, such as Doutzen's White Chocolate 8 1/2, are subtly beautiful, and have all of this great gloss that makes hair look really healthy."



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This month's **STAFF CHALLENGE**: In honor of Earth Day, do one new thing to green up your life.

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"My daughter and I made a pact to get up 20 minutes earlier each morning so we can walk to school instead of driving. It's better for the earth, plus it's great exercise—and mom-kid time!"
—KIM

"I vowed to keep a reusable shopping tote in my purse. Now if I need to make a quick trip to the store, I don't have to waste a plastic bag or do a juggling act while digging for my car keys."
—TIFFANY

"After years (years!) of nagging from my eco-minded husband, I'm finally turning off the water when I brush my teeth and when I lather up my face."
—MEREDITH

"I bought bright stackable bins at The Container Store for recycling. I'm better about it if they're right in my face!"
—JULIA

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**5 PROVEN
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- ✓ FIRMER
- ✓ BRIGHTER
- ✓ EVEN
- ✓ FLAWLESS



**"I PUT IT ON.
I TAKE YEARS OFF."**

Andie MacDowell

Andie is wearing Visible Lift Serum Absolute in Sand Beige (152).
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This month's **STAFF CHALLENGE**: Do something new to benefit the environment.

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"Instead of buying individual snack packs for my son, I bought full-size ones and filled mini Tupperware each day. It costs less, and all that packaging and waste is gone!" —JAMIE

"We're installing a Wi-Fi-enabled thermostat, which can save up to 30 percent on energy. Bonus: I can control my home temperature from my computer or smartphone." —RON

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"I bought a coffee mug to use at work instead of paper cups. I did the math and realized that by using a cup a day, I was wasting around 250 a year." —KRISTEN

"I started freezing my veggie scraps and eggshells in an airtight container, then dropping them at a farmer's market, so local growers will use them for compost. I found out that if I do it for a year, 50 pounds of garbage will go into organic farmland instead of a landfill." —JOANNE

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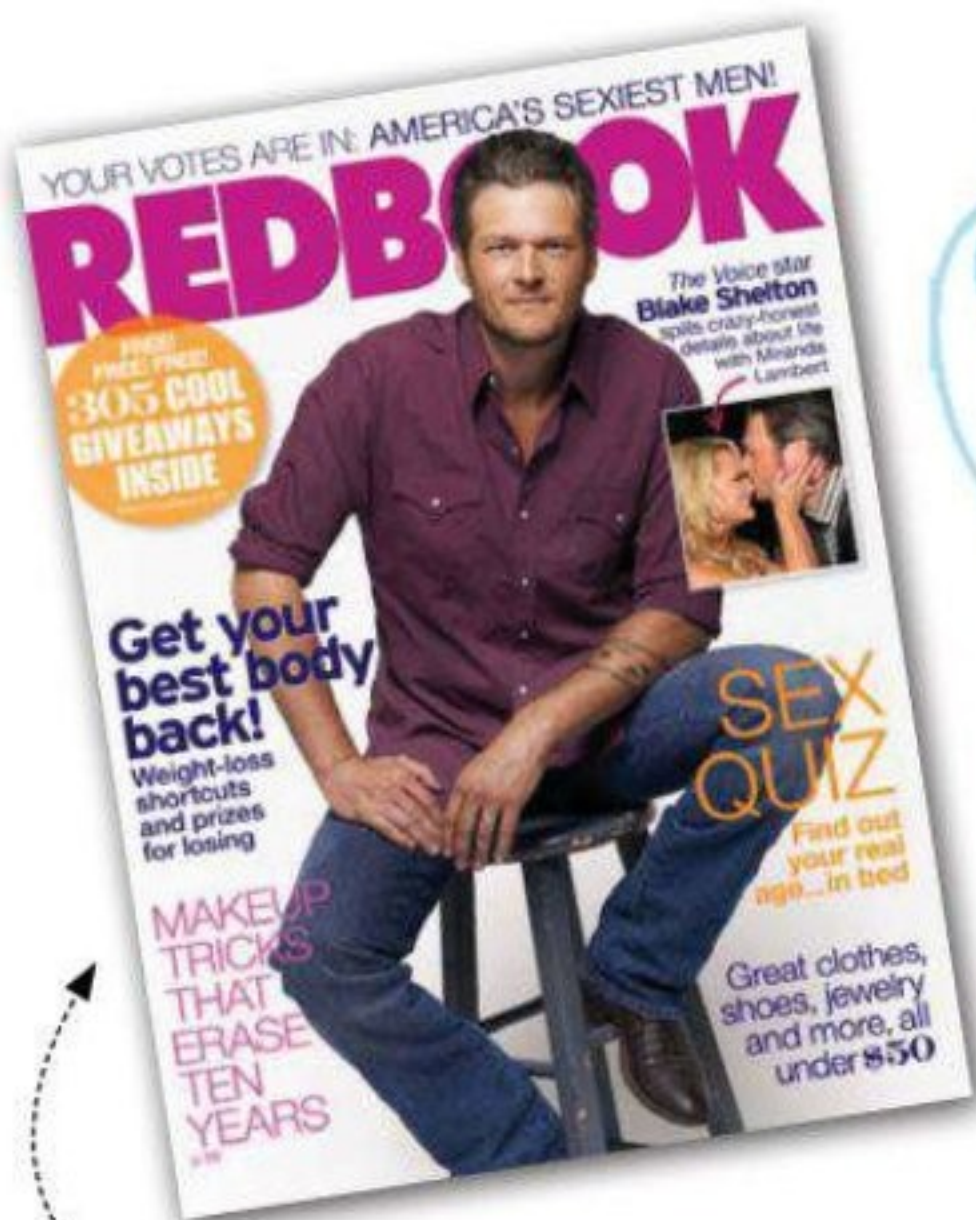
NEW



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BLAKE'S BIG FANS

We won tickets to the Blake Shelton concert through your sweepstakes, and I cannot thank you enough. My 9-year-old son, Nathan, loves country music and Blake Shelton. He's had such a rough year and this made his world so happy. Our seats were amazing, but when we realized that we also got to go backstage and meet Blake, we were ecstatic. He was *so* nice! I tear up just telling people about how wonderful it was. We will remember that night for the rest of our lives. —KENDRA MERCER, Canton, GA



Nathan and Kendra on their way to the "best night ever!"

Your article about Blake Shelton might be my favorite so far ["Basic Blake," February]. I loved when he said, "She was my girlfriend and now she's my wife, but my God, she's still Miranda Lambert and nobody can tell her what to do!" It says so much about him and how he loves and understands her. I can't think of a better man to grace your cover. —MARIA GONZALEZ, San Simon, AZ

I CAN'T THINK OF A BETTER MAN THAN BLAKE TO GRACE YOUR COVER."

HOT Q'S AND A'S

I loved "10 Questions Men Are Too Scared to Ask Women" [February]. I laughed out loud and read some of them to my husband, who also thought it was funny. Best of all, it was an easy way to share my viewpoint without sounding critical of him. Thanks! —EMILY SMITH, Columbia, MO

BABY FEVER

I could relate to "My Third-Kid Obsession" [February]. It's nice to know that other women struggle with how many children to have. I shared it with my husband and he said it sounded like me—although we just had our fourth baby! —JENNIFER GINN, Omaha, NE



TAKING ACTION

Karen Karbo missed the point in her response to the woman who thought her friend's son might be autistic ["It's Complicated," February].

WE ASKED, YOU ADMITTED:
DO YOU LIKE YOUR IN-LAWS MORE THAN YOUR OWN FAMILY?

50%
YES

50%
NO

"Definitely. I prefer the way my in-laws handle their marriage, kids, and most importantly, *me*."
—ANONYMOUS

If she suspects something, she should bring it up in a caring way that would prompt the mother to check with a pediatrician. Autistic children benefit greatly from early intervention and appropriate treatments. Waiting and keeping silent doesn't help anybody. —SUSAN STEIGERWALD, Greendale, IN

YOU TOLD US ON FACEBOOK:

WHAT **FUNNY** THINGS DO YOUR KIDS WANT TO BE WHEN THEY GROW UP?

- Our son said he wanted to be a fireman so that he could set fires. When we told him they put out fires—not set them—he said, "Never mind!" —SARAH HAM
- My 4-year-old daughter says she's going to college someday to be "Supergirl." —AMY MONTGOMERY
- My son loved Sea World so much, he told us he wanted to be a big whale when he grew up. —SHANNON HUTCHINS
- My 3-year-old said she wanted to be a lesbian just like her (much) older sister. I told her she can be anything that makes her happy! —MICHELE BENEDICT HAYDEN



Write to us! At redbook@hearst.com, or Redbook Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.



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RAMSJÖ kitchen \$6679 as shown. Red-brown stained, clear lacquered solid beech/beech veneer. *The total price includes cabinets, fronts, interior shelving, drawer and door dampers, hinges, toe-kicks, legs, visible moldings and panels. Your choice of countertop, sink, faucet, handles, appliances and lighting are sold separately. See IKEA store for limited warranty, country of origin, and 10'x10' layout details. Valid in US IKEA stores only.



The Life Improvement Store™

UNITED WE LOSE!

REDBOOK's Wedding Dress Challenge launched in February, and readers were immediately excited about getting their bride bodies back. A lot of you lost significant weight in the first week! See page 84 for an update, and check out redbookmag.com/wdc and Facebook for even more support and motivation.

I tell my four sons to "bring it on" when they're faced with a challenge. My sincere "bringing it on" thanks to REDBOOK and to all the women (and men, of course) who are in this weight-loss challenge for better health. Let's do it. Size 6 wedding dress, here I come.

—CHRISTINE KETTEL WINNER

So far I've lost seven pounds!

—KELLY CIFRANIC

Ladies, we can do this together! I've gained 40 pounds since my wedding a little over a year ago, and 60 since I met my husband five years ago. Something has to change.

—CASEY MOSES CHAMBERLAIN

I won't be losing weight to fit into my dress again—I'll be losing weight to fit into my dress for my wedding on July 22! Thanks for the challenge, REDBOOK. I'm so excited to join!

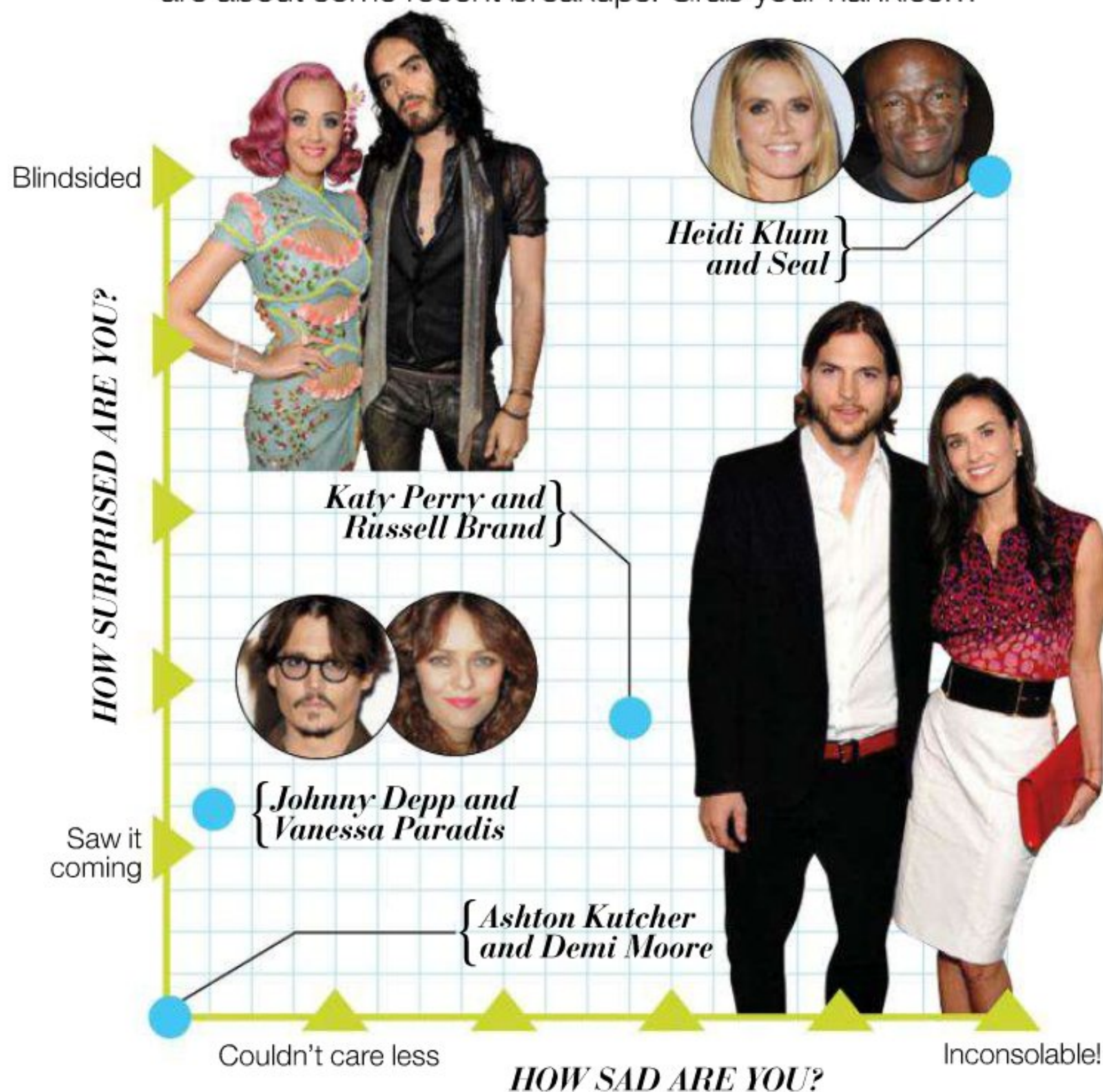
—ROBIN WALTER

I only have five left to lose. I keep trying that dress on. I'm almost there!

—SUSAN STROMINGER NEMECKAY

Celebrity bust-o-meter

The Hollywood split-ups just keep coming, so we took to redbookmag.com to find out how shocked and sad you are about some recent breakups. Grab your hankies...



WOW, THAT WAS EMBARRASSING!

I FEEL LIKE A BOOB...

"My family was at an amusement park on a sweltering day, and I was wearing shorts and my bathing suit. While standing in line for a ride, I looked down, and my left boob was exposed. My straps had come undone, and I was so loopy from the heat that I didn't notice. It happened quickly, but I must have flashed 100 strangers, plus my entire family. Sorry, Dad."

—R.B., NEW YORK CITY



UNDER THE INFLUENCE

"I was a little tipsy after a big family party, and we were spending the night at my in-laws'. While making my way to the basement where we were sleeping, I slipped down the entire staircase on my rear end. The worst part wasn't the bruise I had for weeks after—it was that my husband's very sober mother was at the bottom where I landed. I always make a great impression!"

—Y.R., WASHINGTON, DC

GUN SHOW

"One night at dinner with friends, I was boasting about how strong I used to be. I bragged that in my 20s, I could do 30 push-ups in 30 seconds. My husband challenged me to do it again—but let's just say it's been a long time since those days. I got on the floor and could only complete two. That's the last time I'll brag about how fit I used to be."

—A.C., DETROIT





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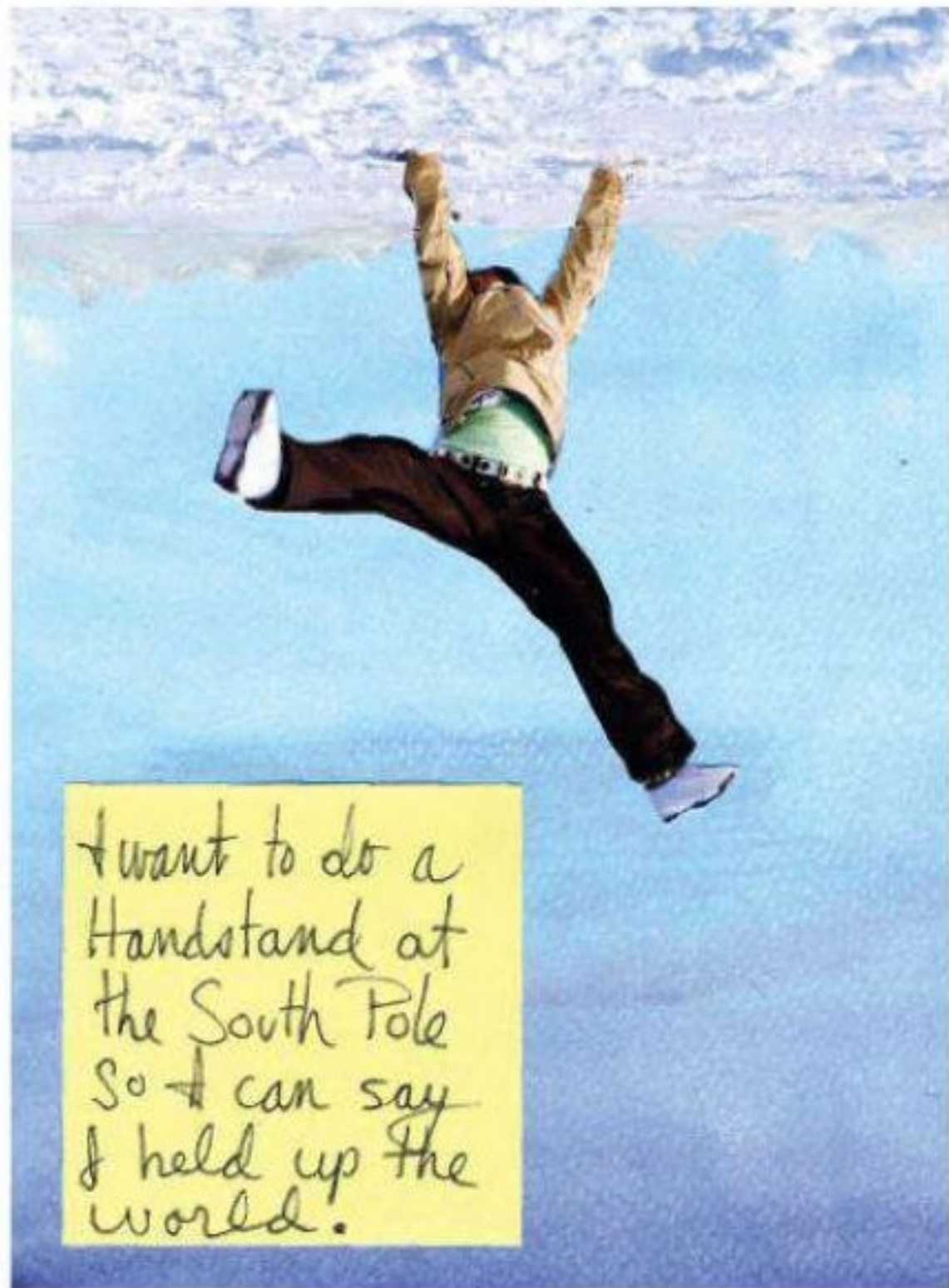
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Inspiration BOARD

TINY WAYS TO MAKE LIFE HAPPIER, SANER & SWEETER



Think big ▲

How would *you* answer the question "What do you want to do before you die?" Responses from people across the country fill a new book by the same name. We adore Hercules, above.

Snuggle up ▼

Such a sweet bedtime idea: "My family loves to hunker down under the blankets and listen to an audiobook. Our favorite is *The Worst Witch*." —Jennifer Connelly, a new celeb narrator for books on Audible.com



Hot dog! ▶

Baseball season's here, so spruce up your wiener! At Pink's in Los Angeles (at right), they top it with chili, cheese, tomatoes, onions, and bacon. At Portillo's in Chicago, it's mustard, relish, onions, tomato, pickles, peppers, and celery salt. And at the famed Bæjarins Betzu Pyslur in Reykjavik, Iceland—yeah, but trust us—it's mustard, ketchup, rémoulade, and crispy onions. Yum.



Style D.I.Y. ▲

If you love the look of a set of stacking rings (we do!), try layering up random ones you already own. It's cool and way more personal.

Best compliment comeback

Overheard by a REDBOOK editor at a coffee bar... Woman in line, to Susan Sarandon: "You're so fabulous!" Susan to woman:

"No! *You're* fabulous!"



Sigh. So romantic. ▲

Couples are writing their names on locks and clamping 'em on bridges from Paris to New York. (We found this one dangling from a rail on the Brooklyn Bridge.) Cheaper than roses, and *much* longer-lasting.

HANDSTAND: JEFFREY SCHER. CONNELLY KIDS, FROM LEFT: ELDER ORDONEZ/INF (2), DOUG MESZLER/SPLASH NEWS. BED, BETTANY CONNELLY, SARANDON, FLOWER, RAITT: GETTY IMAGES. LOCK: GEORGE MARINICH. HOT DOG: PINK'S HOT DOGS. RINGS, LIPSTICK: GREG MARINO/STUDIO D.



Get happy ▲

Researchers have discovered that grateful people are **more** satisfied with their lives, and not because they ignore the bad stuff—they're just better at appreciating the good. This month we're thankful for daffodils!



Tubular! ▲

"Is it crazy to love lipstick so much that you buy a bleacher-like organizer to display your top 10 shades? I hope not, because this is my new favorite thing." —Victoria Kirby, REDBOOK beauty director (\$3.99; containerstore.com)

Bonnie's creative M.O. ▼

"After all this time, it's still a pretty mysterious process of intuition, luck, and diligent searching, more than anything plotted out." —Bonnie Raitt on putting together her first album in seven years, *Slipstream*. True of life in general, no?



Reading rainbow ▲

This is actually a thing: bookshelfporn.com. Get addicted to genius ideas for book display, and realize that a row of Kindles would *not* be this pretty.



Start a God box ▲

Mary Lou Quinlan's late mom used to write notes to God and stash them in little boxes. Most of them were prayers for her family, along with a few requests like "Dear God, please take care of insurance for the Mazda. Let them know it was caused by towing." Quinlan collected them in her book *The God Box*, which tells a beautiful story of her mom's life—and reminds us why everyday moments (and a mother's love) are so precious.



Win a 2-night stay! To enter, go to redbookmag.com/freebies. See page 174 for details.

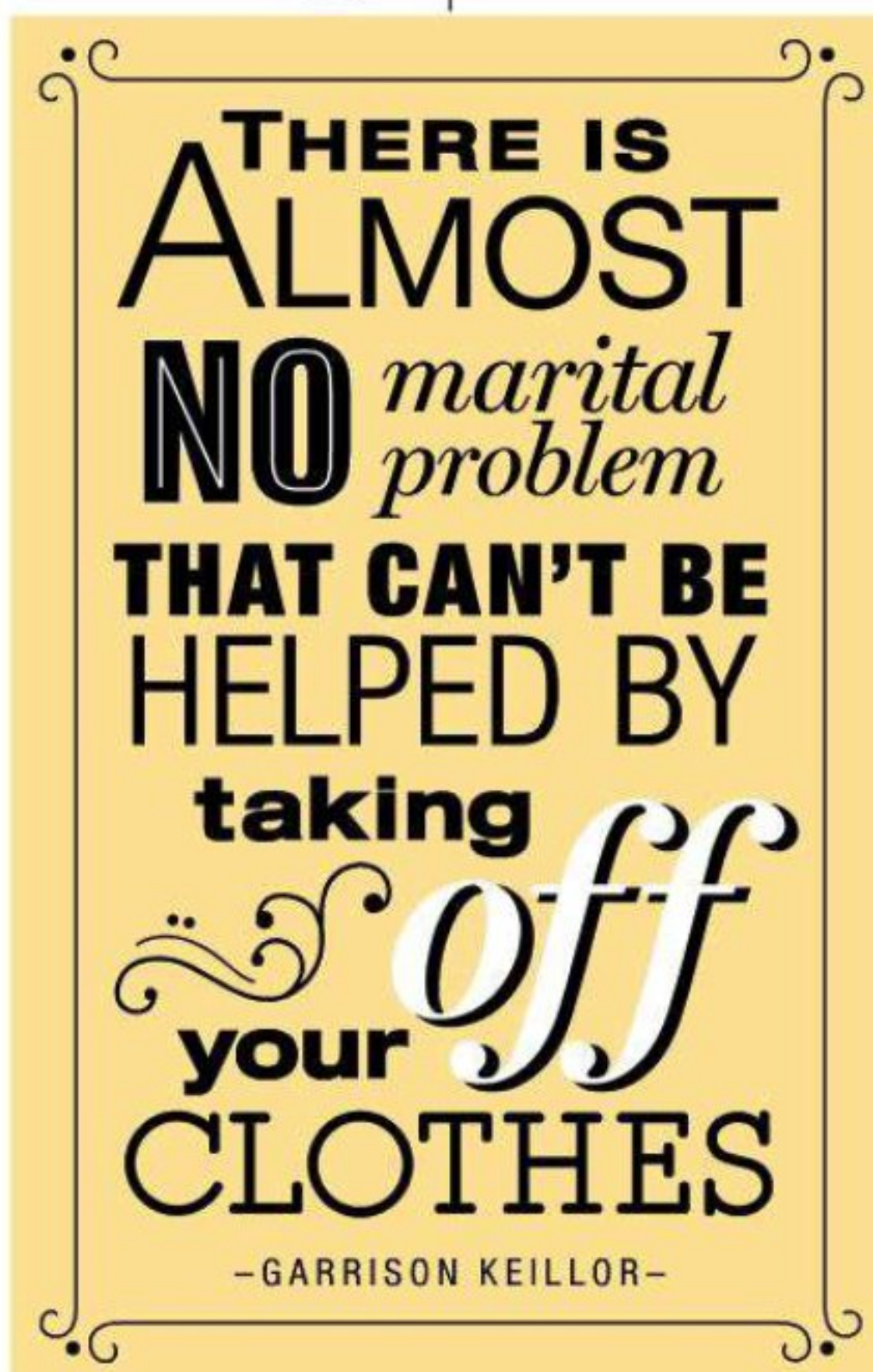


Dream you're here... ▲

At Calistoga Ranch in Napa Valley, CA, where all the rustic-chic rooms have fireplaces *and* outdoor showers. (calistogaranch.com for rates)

◀ Friday's coming!

And with it, the possibility of a "Hot and Dirty" martini, from our Mommy Mixologist, Kim Haasarud. In a martini shaker, muddle 2 jalapeño slices with 4 sprigs of cilantro, 1½ Tbsp lemon juice, 2 Tbsp simple syrup, and 2 Tbsp orange juice. Add 2 oz vodka and ice. Shake, strain, imbibe.



RANCH: COURTESY OF CALISTOGA RANCH. DRINK: PHILIP FRIEDMAN/STUDIO CITY FOOD STYLING. FRANK P. MELODIA. BOOKSHELF: HELENA SCHAEFER SODERBERG/GETTY IMAGES. BOX OF LETTERS: COURTESY OF THE GOD BOX. KEILLOR QUOTE FROM THE 2,548 WITTIEST THINGS ANYBODY EVER SAID.



Inspiration BOARD



◀ Jen's hair, your head

Admit it, you want Ms. Aniston's color. Her Honeyedness gets it from Michael Canale of the Canale Salon in Beverly Hills. His recipe: Start with a medium-brown base, add caramel highlights at the part, then a few brighter pieces at the front. Smile. Wave.



weLove this ▼

Poems written from a baby's POV turn out to be brilliant, and weirdly apt:

iConfess
iHave to say that sometimes iLove your iPhone more than iLove you. iSorry.

—From *To What Miserable Wretches Have I Been Born?*
by Suzanne Weber



▲ 20 seconds of pure joy

Call the (no joke!) Emergency Hall & Oates line at 719-26-OATES, where you can listen to pricelessly cheesy songs like "Maneater." *Ooh-ooh here you come...*

Girls who rock ('n' roll) ▼

The first shot of the new Sundance Channel show *Push Girls* has the stars at a bar, looking hot. Then the camera pulls back, you realize they're in wheelchairs, and it gets even more kick-ass.



Surprise someone ▼

Tricia Budhu, of the blog *Crafty Moods*, marked her son's birthday by filling his room with helium balloons while he slept. D'ya think he liked it?



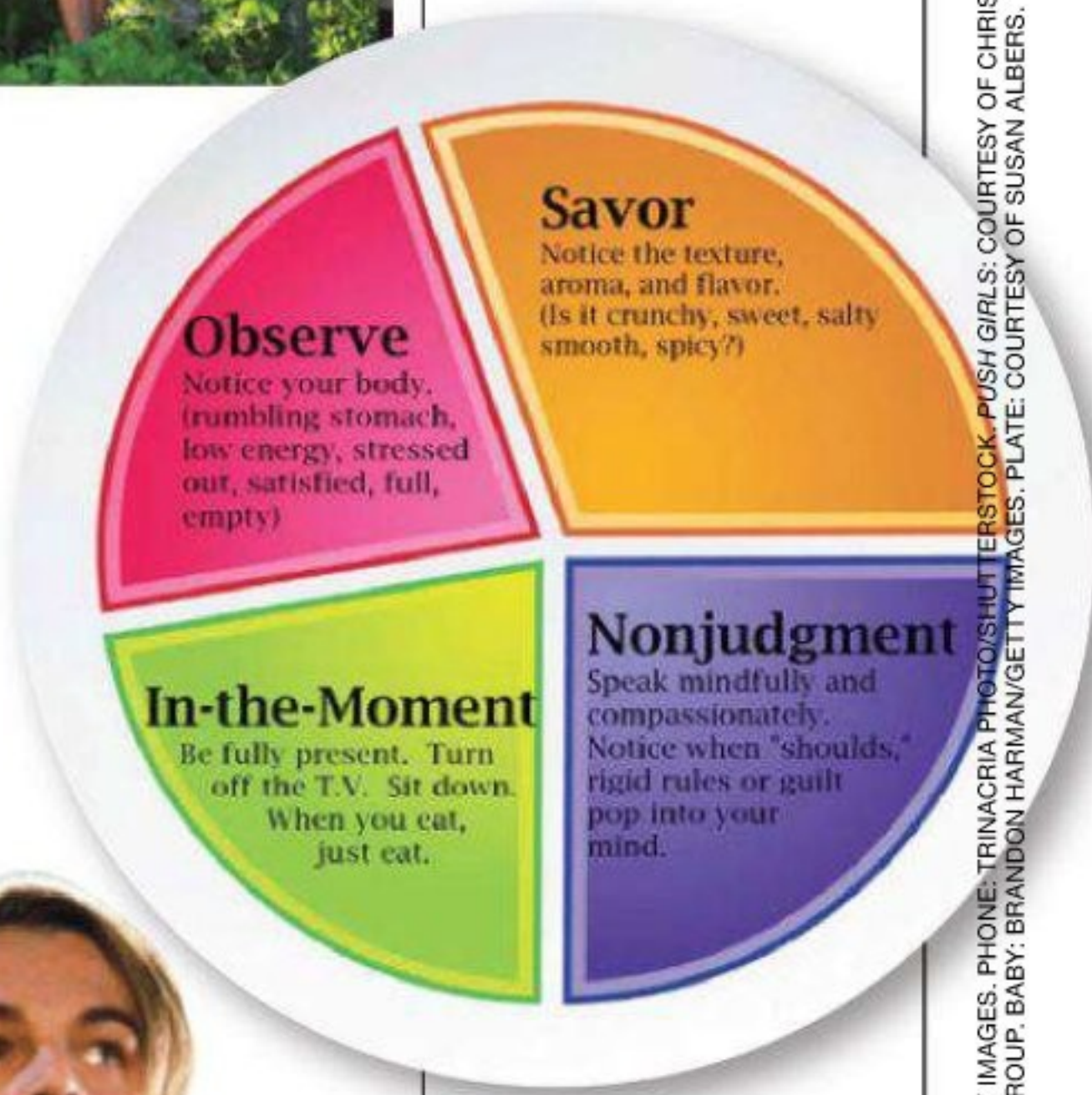
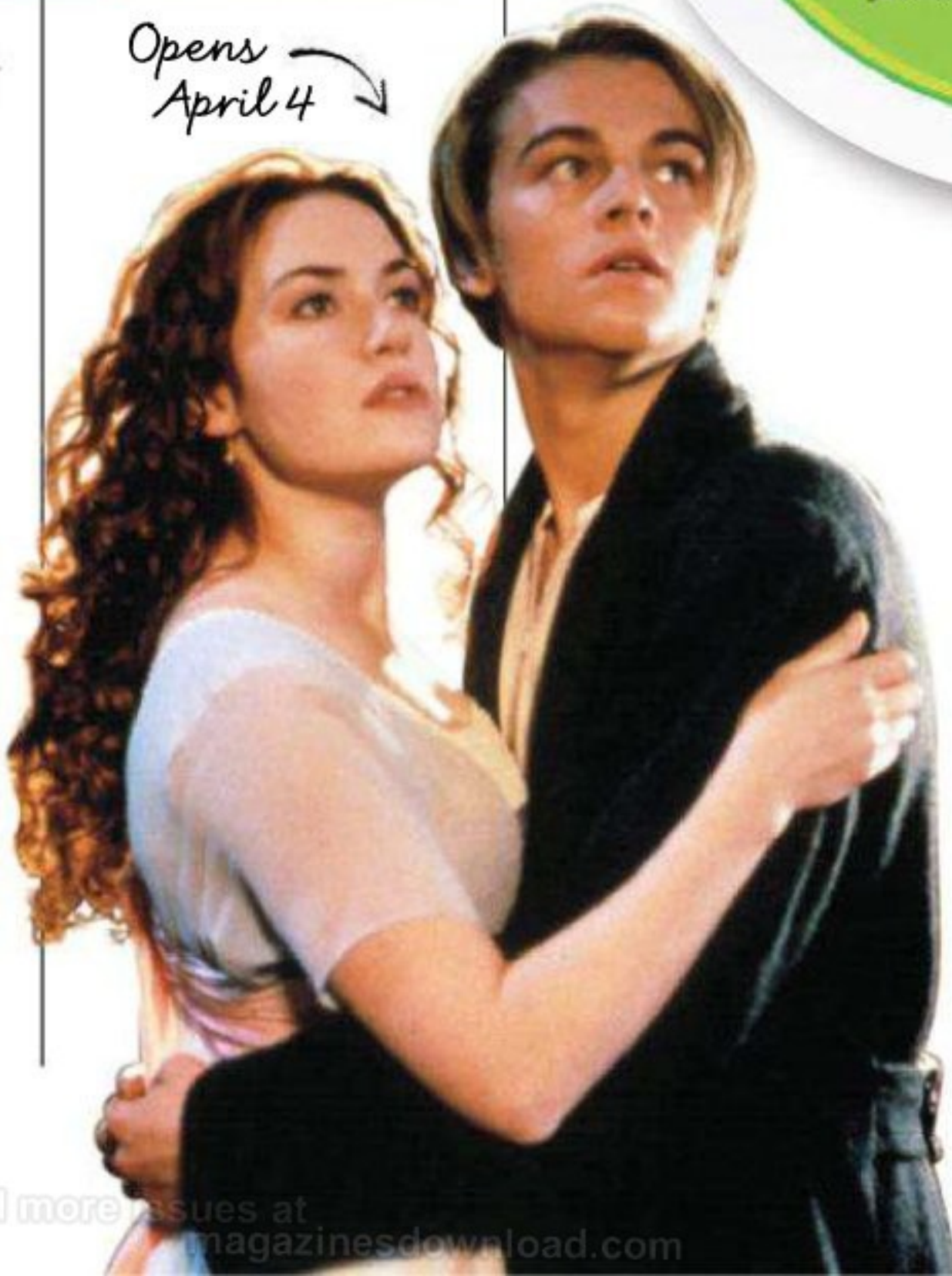
Boss crush ▶

The leading lady we've been longing for! In *Delicacy*, Audrey Tautou plays a top exec who rewrites the rules without looking the part. Here's to power without pantsuits.

Titanic love ▶

The scene where he sketches her nude. The hand on the car window. See the 3D version and remember when romantic movies didn't involve blood-sucking and demon babies.

Opens April 4



▲ A lesson for food and life

Imagine if you looked at your plate and saw this. Better, right? Taking the time to truly delight in what you eat is Dr. Susan Albers's message on her site eatingmindfully.com. Mindfulness helps you lose weight, sure—but we say it's not just for mealtime. It's a recipe for happiness, *period*.

ANISTON: WIREIMAGE/GETTY IMAGES. HALL AND OATES: REDFERNS/GETTY IMAGES. PHONE: TRINACRIA PHOTO/SHUTTERSTOCK. PUSH GIRLS: COURTESY OF CHRIS RAGAZZO/SUNDANCE CHANNEL. BOY: COURTESY OF SUBJECT. TITANIC: EVERETT COLLECTION. DELICACY: COURTESY OF COHEN MEDIA GROUP. BABY: BRANDON HARMAN/GETTY IMAGES. PLATE: COURTESY OF SUSAN ALBERS.

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Inspiration BOARD



Drama teacher Suzanne Nichols (center) with her second-grade students at Hancock Park Elementary School last fall.

You can bring joy back to schools!

We're **inspired** by Suzanne Nichols, who saved art classes in her school district. Now it's your turn: Do just one thing on this list to nurture kids' creativity.

Art, music, drama, dance—they're all disappearing from American kids' lives as school districts across the country cut programs to save money. "It may be hard for some people to believe, but there are students in this country who have never held an instrument, touched new art supplies, or had any opportunity to express themselves in an artistic way," says Narric Rome, a senior director at the nonprofit Americans for the Arts. So when Suzanne Nichols, a mom and drama teacher in Los Angeles, found out that her district was planning to lay off art teachers and kill programs, she stepped up to save them. "It was so unfair to the children," says Suzanne. "When music, drama, and visual arts are a part of the curriculum, children perform better in reading and math, too. My daughter is very artistic, and it broke my heart to think she wouldn't have the chance to develop her talents." So Suzanne launched Save the Arts to inform parents about the staff cuts, and planned a talent show and art auction to raise money. Last June, more than 500 people showed up to her fund-raiser and donated *thousands*. The school district ultimately received funding from the state to keep all programs intact, so officials were able to use the money Suzanne raised to hire an additional drama teacher. "California's budget is horrendous. They're considering completely eliminating arts education next year," says Suzanne, who already has a new fund-raiser in the works. "Parents can really do a lot more than they think. Small events like bake sales and even

an auction of children's artwork are good ways to get your community involved in rescuing these programs."

4 WAYS YOU CAN HELP:

1 Donate new or gently used art supplies to the Dreaming Zebra Foundation, which fills art cabinets at low-income schools across the country with basic items like crayons, construction paper, and paint brushes. Find out what they need most at dreamingzebra.org/wishlist.

2 Book your next hotel stay at one of 55 Kimpton hotels and enter the code VH1STM at checkout. You'll save 10 percent and \$10 will go to the VH1 Save the Music Foundation, which has supplied 1,800 underfunded public schools with instruments since its inception in 1997.

3 Give one public school student a full *year* of free instrumental music lessons with a donation of just \$20 to littlekidsrock.org.

4 Lobby your school board to add more art to the curriculum (or to add it back). Visit giveanote.org/redbook to check out the page that the nonprofit Give a Note Foundation created for REDBOOK readers. There you'll find the latest news on arts education as well as form emails you can send to your representatives asking them to save funding for art classes. —ASHLEY NIEDRINGHAUS

COURTESY OF HILA SELTZER.



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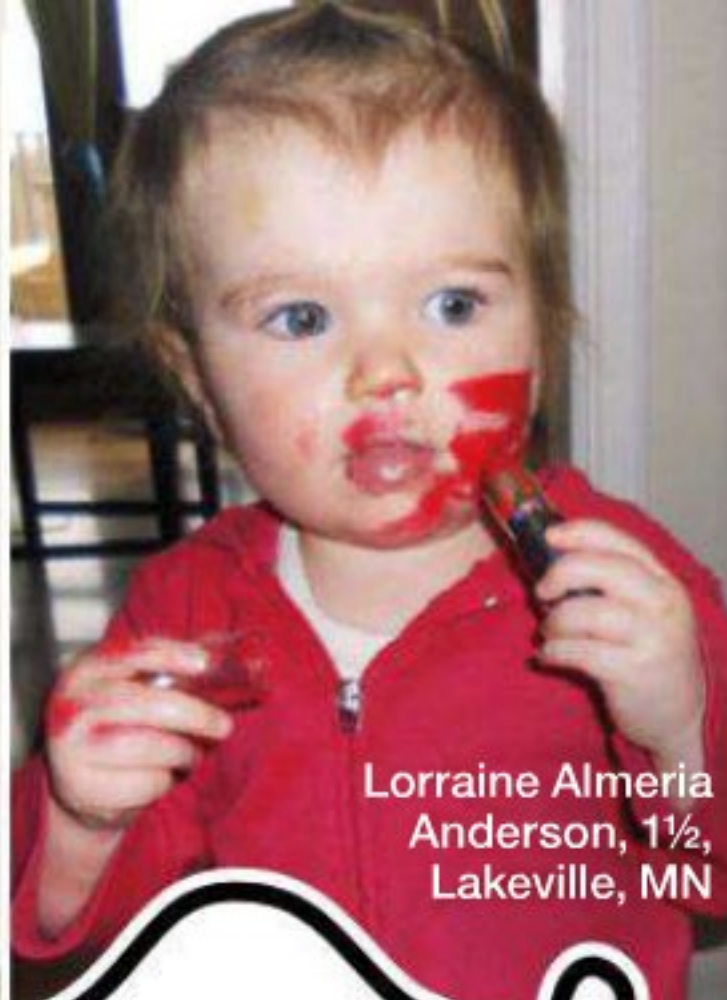
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Brady Reynolds,
1, El Dorado, AR



Lorraine Almeria
Anderson, 1½,
Lakeville, MN



Hair gel? Nope. RANCH DRESSING.
Gavin S., 3, Maplewood, NJ

GRATUITOUS PAGE OF: MESSY BABIES

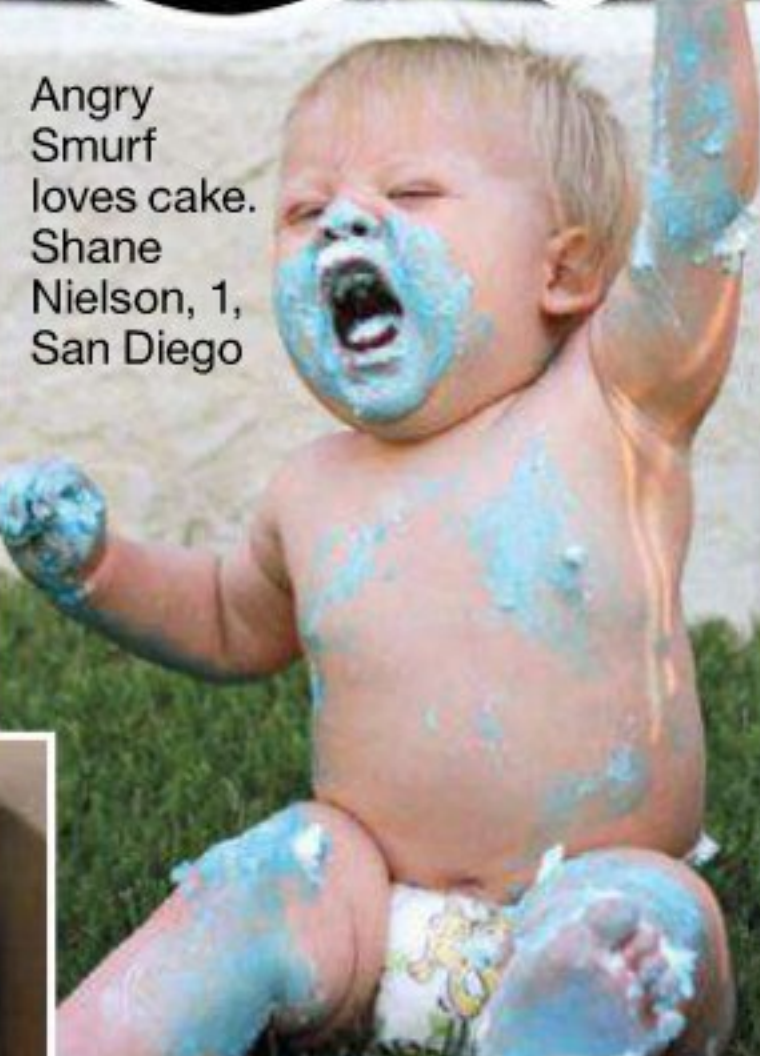
Coming up: **Hot dads with
babies!** Submit your pics at
redbookmag.com/readerpics.



Maximo Sevilla,
2, Brooklyn, NY



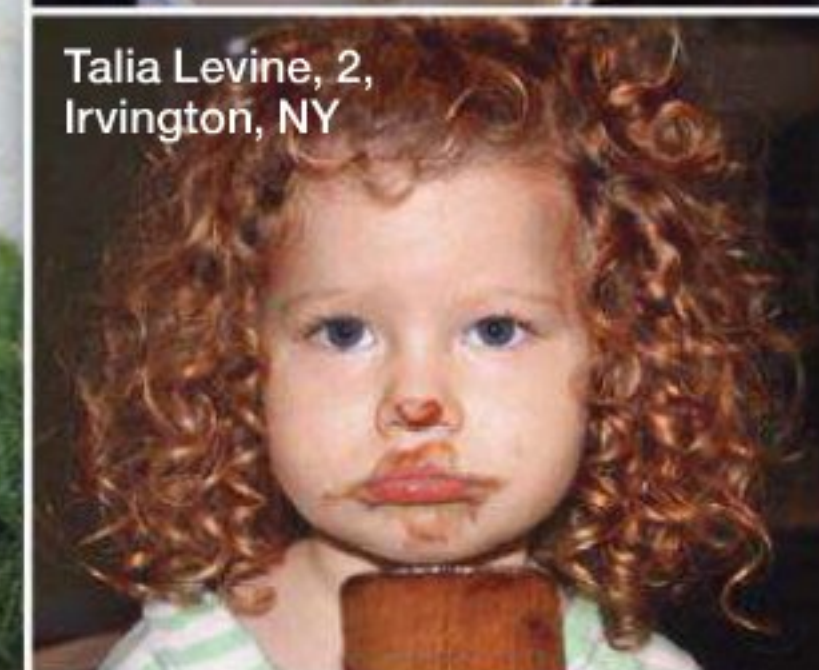
Abril Ureña-
Casals, 1,
Dominican
Republic



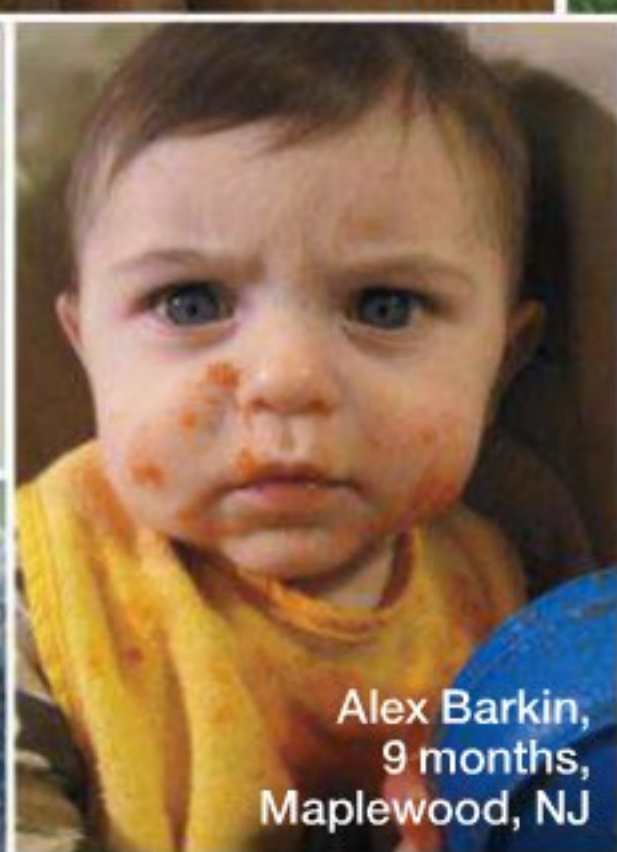
Angry
Smurf
loves cake.
Shane
Nielson, 1,
San Diego



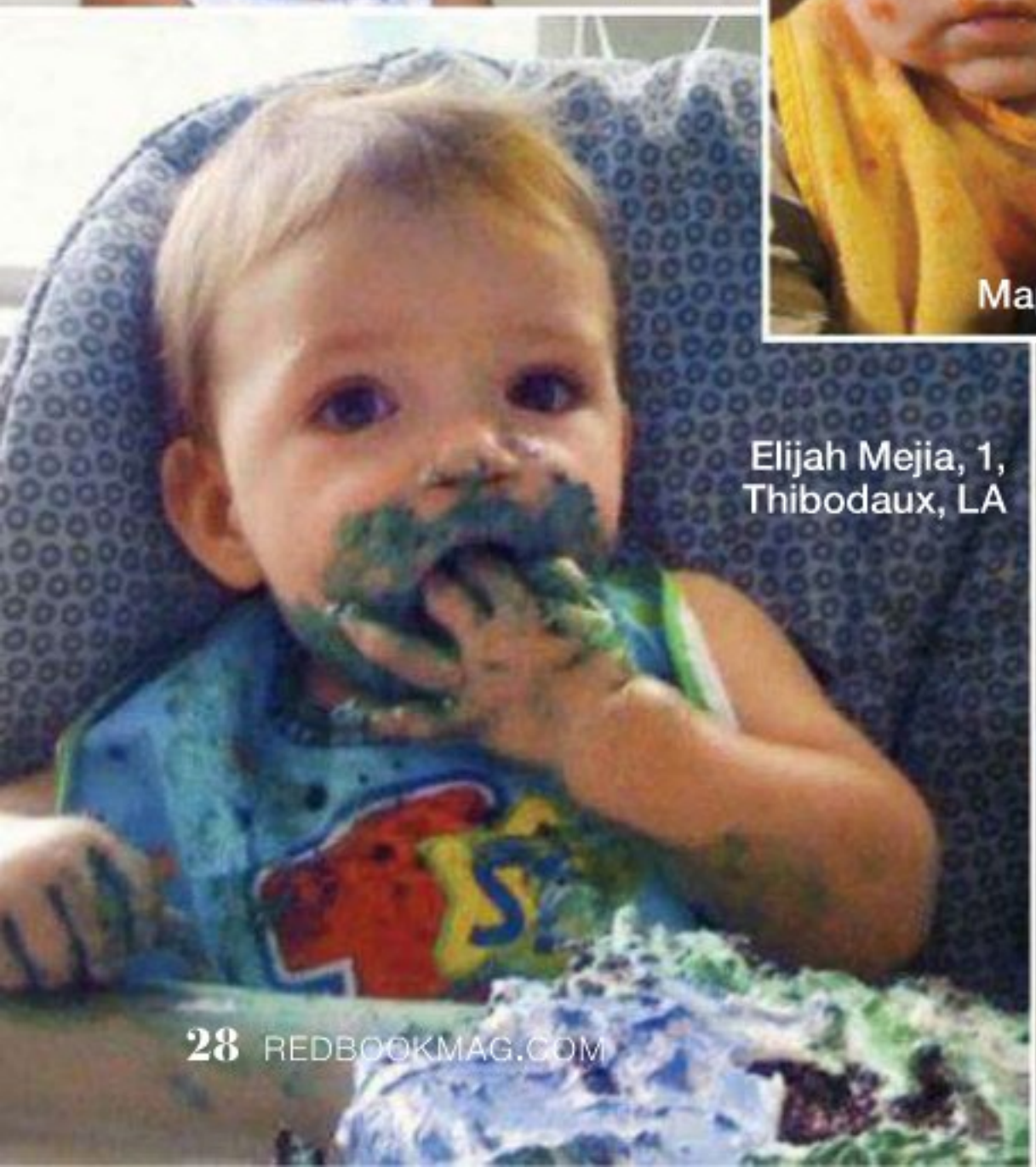
Meet my
son, the tiny
Cullen. (It's
cranberry
sauce,
actually.)
Walton
Rollins, 2,
New York City



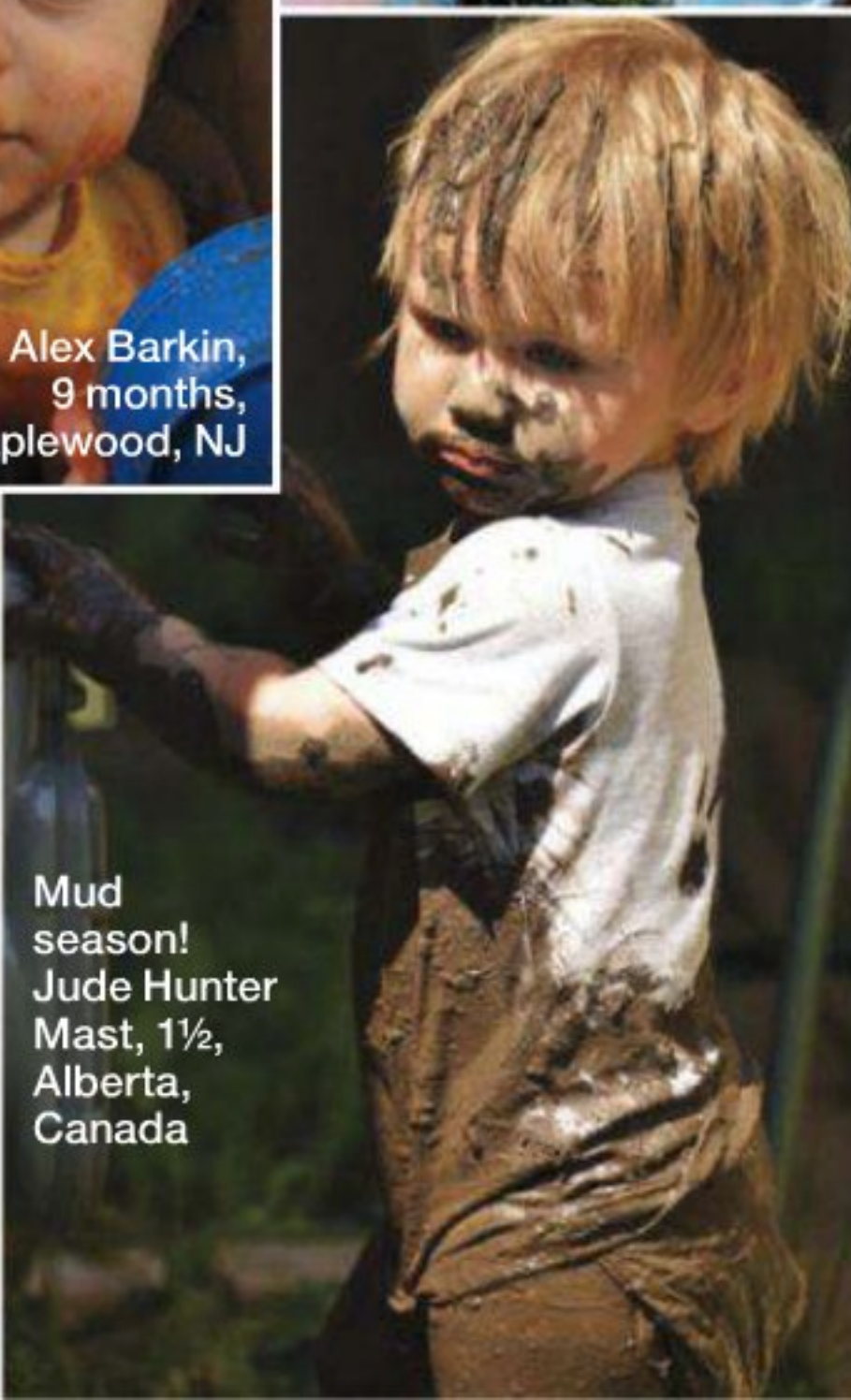
Talia Levine, 2,
Irvington, NY



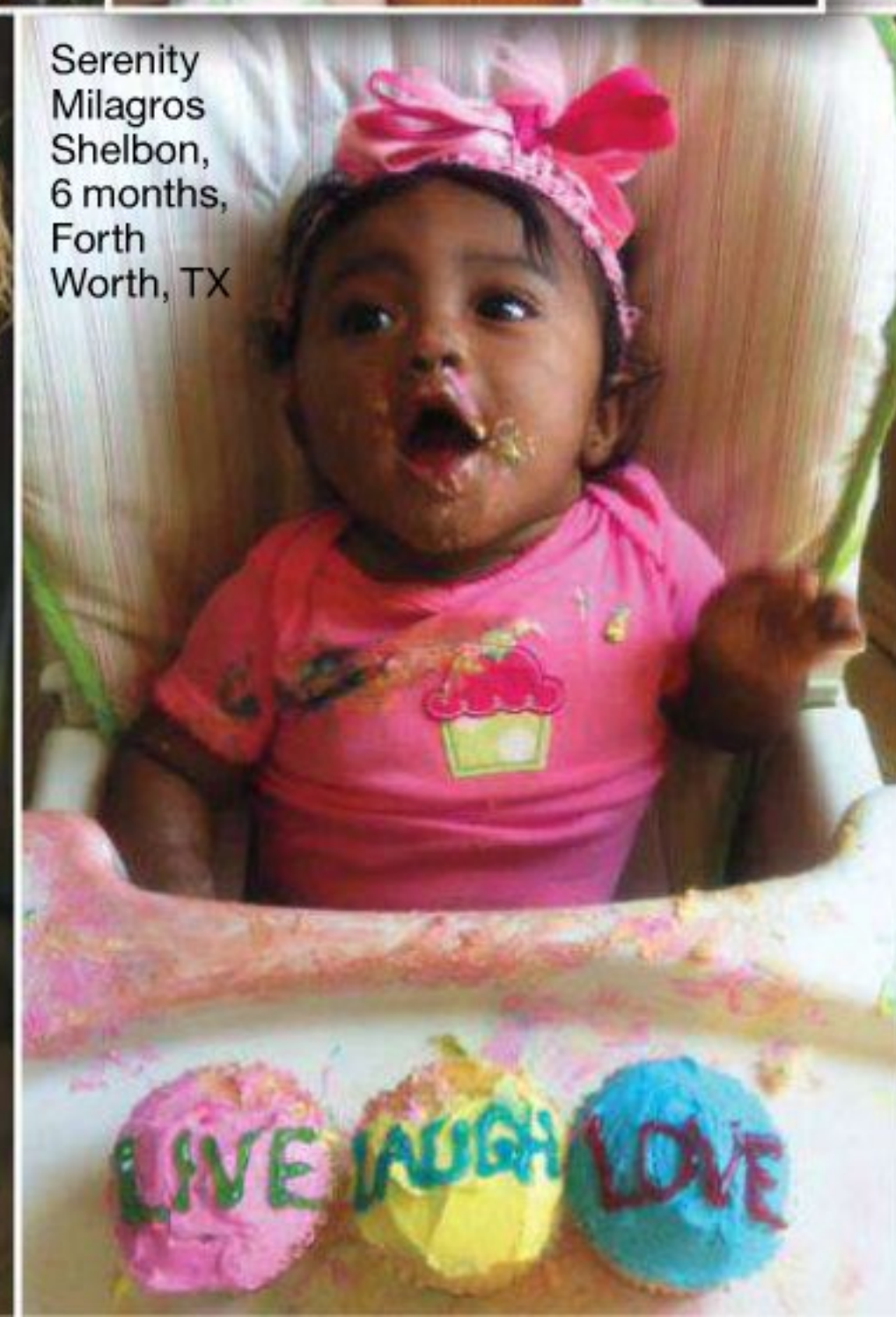
Alex Barkin,
9 months,
Maplewood, NJ



Elijah Mejia, 1,
Thibodaux, LA



Mud
season!
Jude Hunter
Mast, 1½,
Alberta,
Canada



Serenity
Milagros
Shelbon,
6 months,
Forth
Worth, TX

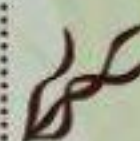
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to wash your
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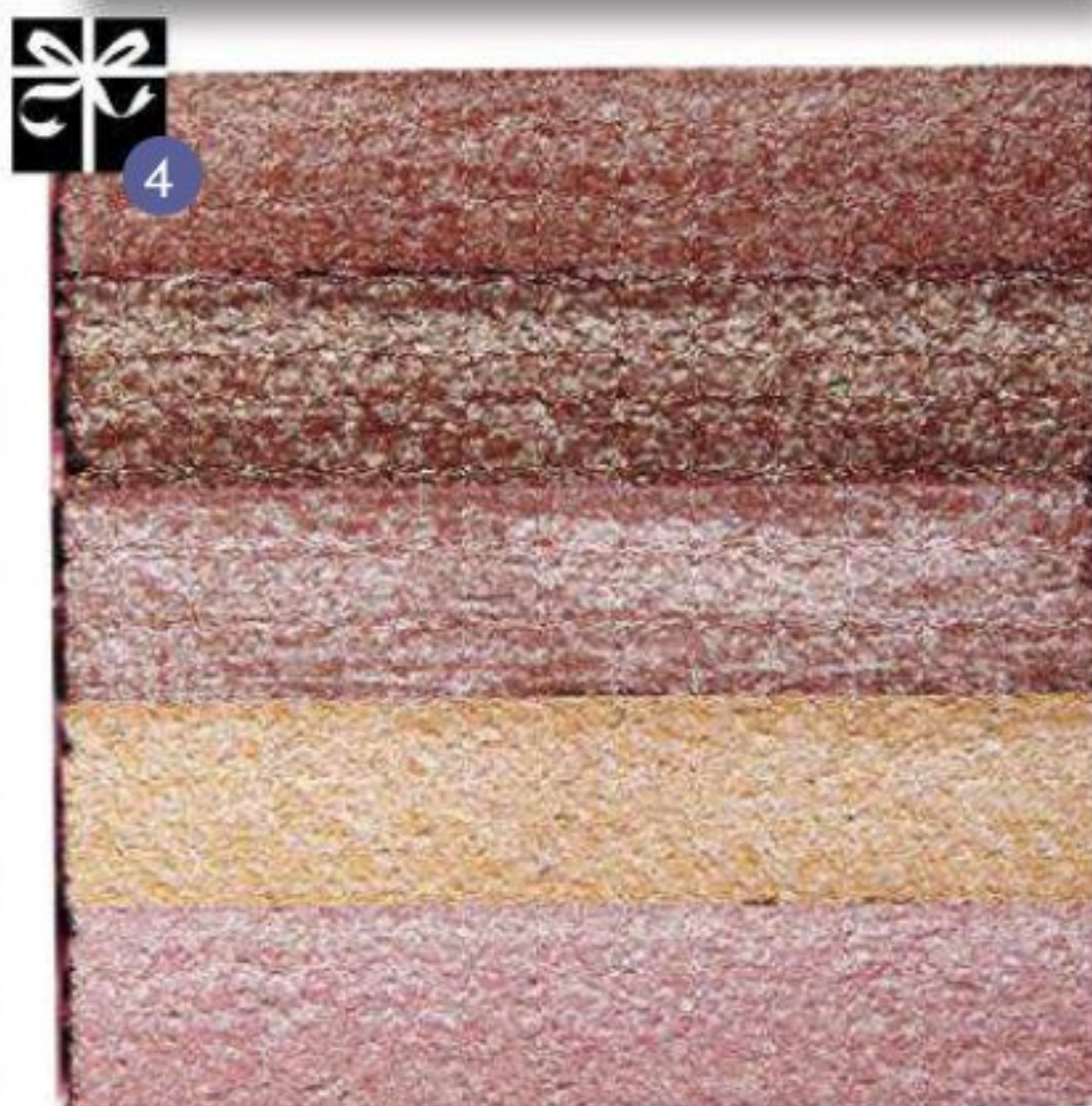
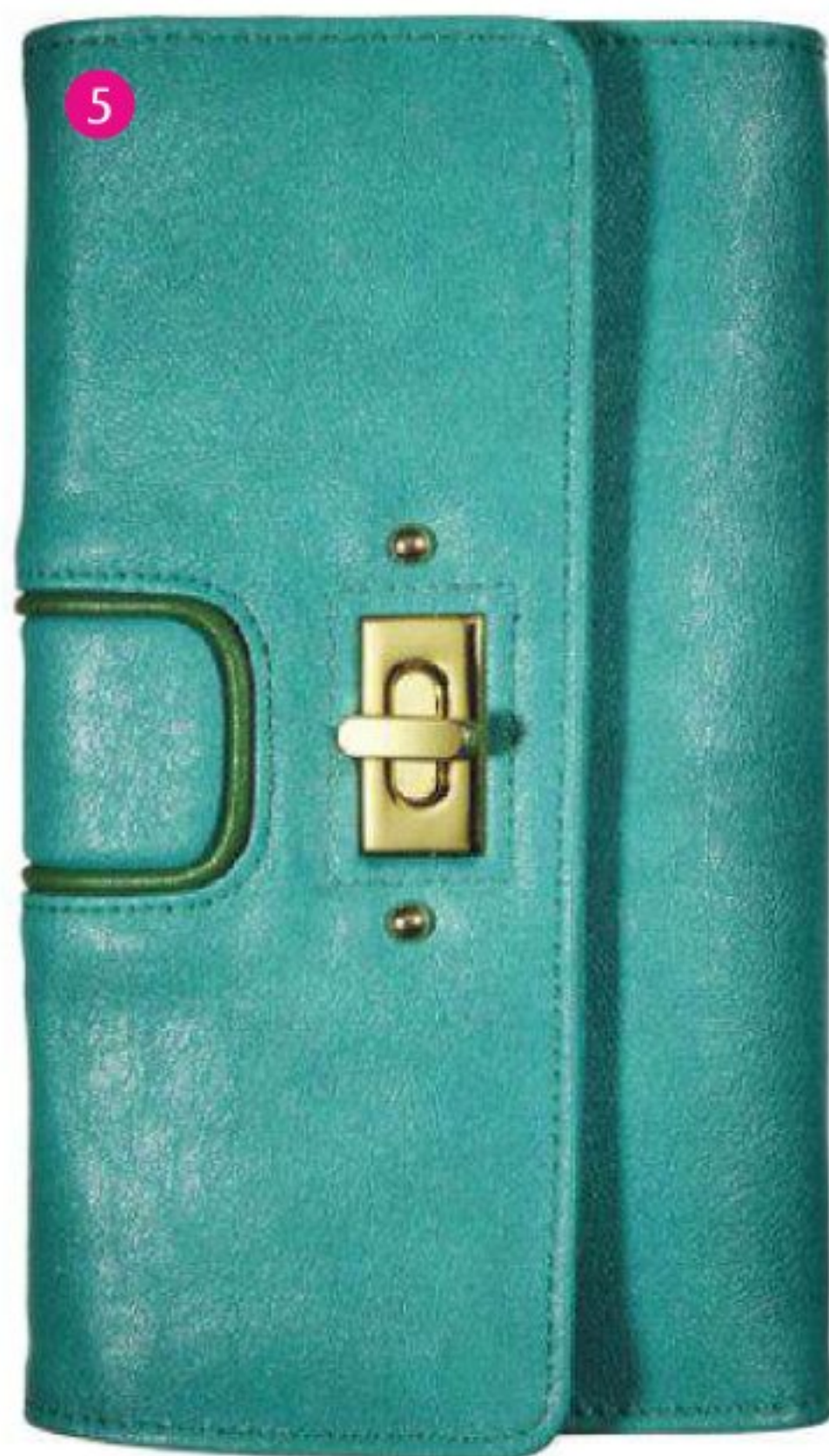
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50

UNDER \$50

FEELING LUCKY? WE'RE
GIVING AWAY EVERY ITEM
 YOU SEE WITH THIS 
 ON IT—PLUS, **ONE OF YOU**
WILL WIN EVERYTHING.



1 This top has a lot going on—patterns! fancy stitching! a flattering little drawstring waist!—and all of it is good. **9 readers will win:** Top, \$49.99; blueplatefashion.com. **2** Ring-a-ding-ding: This sparkler will make your heart (and any outfit) sing. **4 readers will win:** Ring, \$49.95; fantasyjewelrybox.com. **3** They're meant for tea, but even sipping Hi-C from these beauties will feel so civilized. Moroccan tea glasses, \$29 for 6; vivaterra.com. **4** Dust this rosy highlighter onto your cheekbones and prepare yourself: There *will* be compliments. **4 readers will win:** Shimmer Brick Compact in Rose Gold, \$45; bobbibrown cosmetics.com. **5** A wallet so gorgeous it'll make you smile, even when it's dead empty. Wallet, \$48; danielle-nicole.com.

 To enter, go to redbookmag.com/freebies. See [page 174](#) for details.

50
UNDER \$50



6 There are no words for a dress this sexy and romantic. Rosexy... hmm... sexmantic? **4 readers will win:** Dress, \$49.99; dressbarn.com.
 7 A bag that'll incite more drooling than your kid's first tooth. **4 readers will win:** Bag, \$41; lulus.com. 8 Because your eyes deserve a new spring wardrobe. **9 readers will win:** Be Discovered Eye Shadow Palette, \$44; smashbox.com. 9 An enchanted-princess ring at a scullery-maid price. Ring, \$18; accessorize.com. 10 Give your lips the look of a berry lip stain without the dryness. Make Up For Ever Rouge Artist Natural lipstick in N28, \$19; sephora.com. 11 Such a chic retro-'70s pump (who cares that you've filled it with el cheapo lotion?). **14 readers will win:** Lotion pump, \$7.99; worldmarket.com. 12 You compromised with your guy on a not-so-girly duvet. You never said a word about the pillows. Sofia by Sofia Vergara pillow, \$19.99; kmart.com. 13 Cinch this belt around *anything* for a dose of pretty. **4 readers will win:** Belt, \$39.50; loft.com.

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for those who have no voice



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50
UNDER \$50



YES—YOU CAN BE **ON-TREND** AND **UNDER-BUDGET**.



14 Pretty much every makeup staple you need, in one compact! NP Napoleon Perdis Glam Set, \$21; target.com. **15** The hot-coral clutch you didn't know you were dying for... until now. **4 readers will win:** Clutch, \$29.90; express.com. **16** An excuse to drink more wine: Use the corks for this eco-chic trivet. **9 readers will win:** Trivet, \$13.99; alwaysfits.com. **17** Think of these sparkly bowed flats as a present for your feet. Flats, \$19.70; gojane.com. **18** A turbo-charged take on tassled loafers. **4 readers will win:** Flats, \$49.99; wantedshoes.com. **19** For when you need to look shipshape in a flash. Skirt, \$49.50; nautica.com. **20** This tissue box may be the only good thing about allergy season. Tissue cover, \$34; kontextur.com. **21** Blondes, fix brassiness with this brightening shampoo. **19 readers will win:** Clairol Shimmer Lights Shampoo, \$7.99; sallybeauty.com. **22** This cushy towel is the next best thing to a beach house. **10 readers will win:** Beach towel, \$42; lacoste.com.

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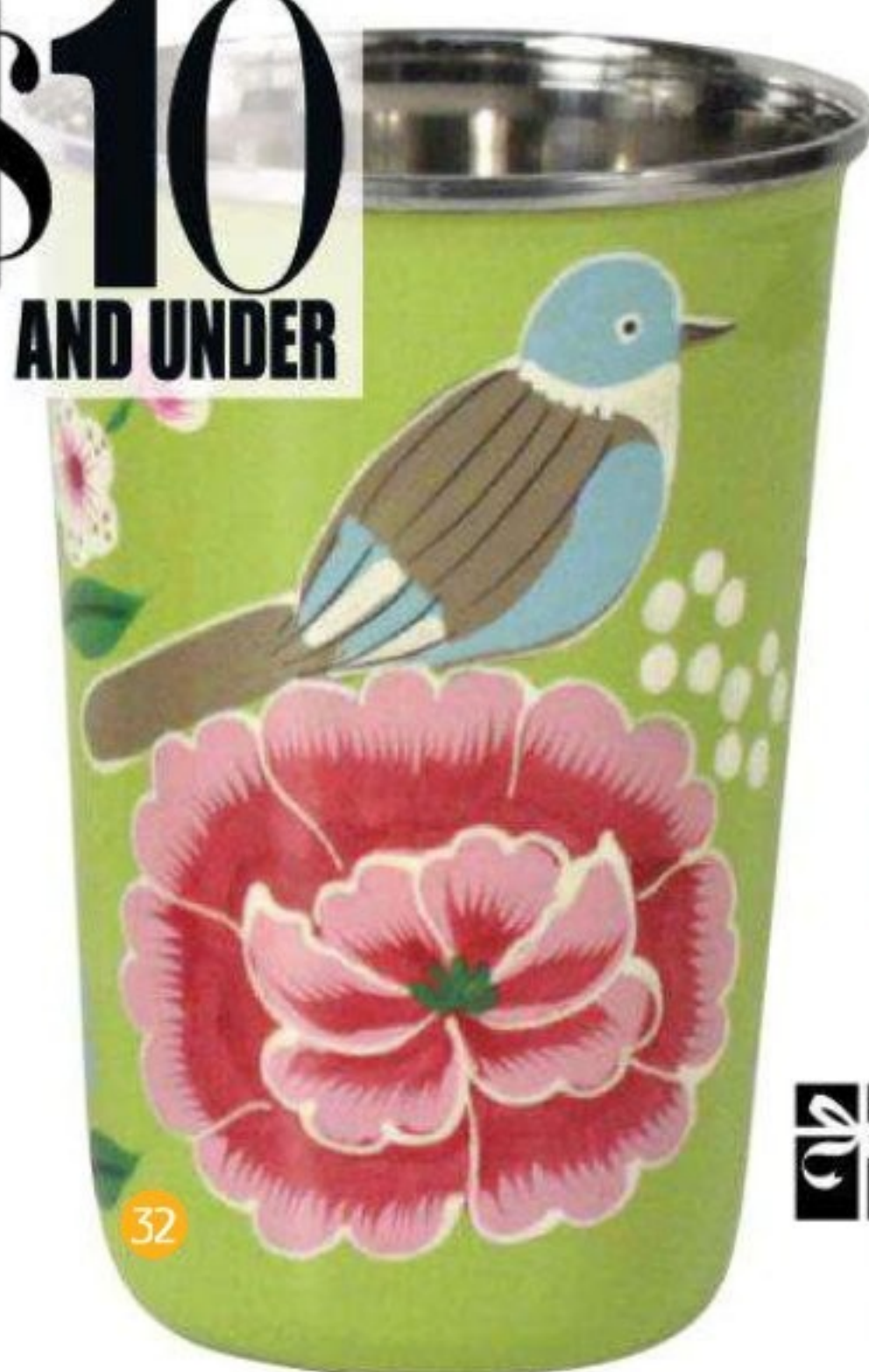


**AMERICAN
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Fighting for Air



- 23 The necklace that caused a mini-stampede in our fashion closet. **6 readers will win:** Necklace, \$49; elli.com. 24 This light, super-blendable blush imparts the most natural flush you can get without pinching your cheeks. **19 readers will win:** Maybelline New York Dream Bouncy Blush in Hot Tamale, \$7.99; walgreens.com. 25 The new golden child of your shoe wardrobe. Worthington wedges, \$35; jcp.com. 26 A collapsible mixing bowl that saves mucho cabinet space. **4 readers will win:** Squish bowl, \$11.99; target.com. 27 Freshen up on the dance floor (*whoop whoop!*): The cap of this lip gloss lights up. Matchmaker pH Powered Lip Gloss, \$9.95; physiciansformula.com. 28 Brighten any corner with this cheery li'l table. Table, \$12.99; ikea.com. 29 Salad servers to make even iceberg feel luxe. **9 readers will win:** Salad servers, \$15 for 2; acaciacreationsstore.com. 30 De-frump your ponytail! Ribbon hair ties, \$8 for 8; sephora.com. 31 A silky, fancy top in a doldrums-be-gone color. Top, \$19.80; forever21.com.

**\$10
AND UNDER**

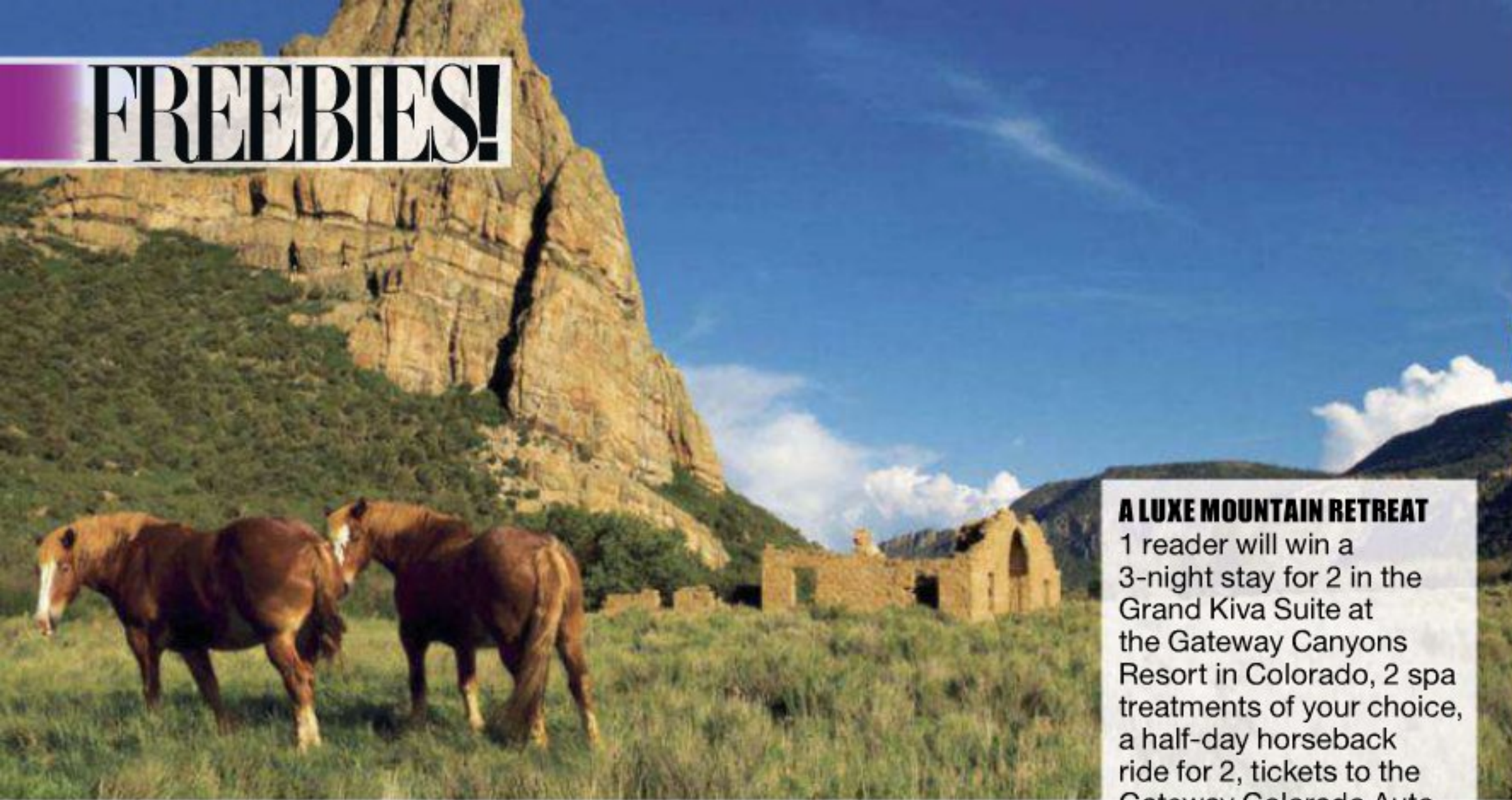


THE BEST KIND OF STICKER SHOCK! NOTHING HERE COSTS

32 A cup of water—or pens—never looked so good. Tumbler, \$9.95; patinastores.com. 33 Part moisturizing lip primer, part pretty gloss. **19 readers will win:** Sally Hansen Moisture Twist 2-in-1 Primer + Color in Fuchsia Fusion, \$4.49; CVS/Pharmacy. 34 Like a vacay to Capri, bottled. **4 readers will win:** Champneys Mediterranean Bliss Body Hydrator, \$9.99; target.com. 35 Shades to glam up the home team's bleachers. **4 readers will win:** Sunglasses, \$10; fantas-eyes.com. 36 Ban plastic bags with this chic eco-shopper. **4 readers will win:** Bag, \$8.95; envirosax.com. 37 A pretty way to handle in-between weather. Scarf, \$8.10; gojane.com. 38 These highlighters won't dry out—'cause they're pencils. Genius! **100 readers will win:** Highlighters, \$6.95 for 4; stubbypencilstudio.com. 39 Organize those piles, pronto. Importance clips, \$9; knockknockstuff.com. 40 The only place you won't wear this dress-it-up, dress-it-down sweater is to bed. (Please.) Sweater, \$9.95; hm.com for store locations.

CUP: COURTESY OF MANUFACTURER.
SCARF, SWEATER: CHRISTOPHER
COPPOLA/STUDIO D. STYLIST: PHYLLIS
BAKER FOR MARK EDWARD INC.

FREEBIES!



A LUXE MOUNTAIN RETREAT

1 reader will win a 3-night stay for 2 in the Grand Kiva Suite at the Gateway Canyons Resort in Colorado, 2 spa treatments of your choice, a half-day horseback ride for 2, tickets to the Gateway Colorado Auto Museum with a private tour guide, and \$600 in airline vouchers! Total retail value, \$3,977.

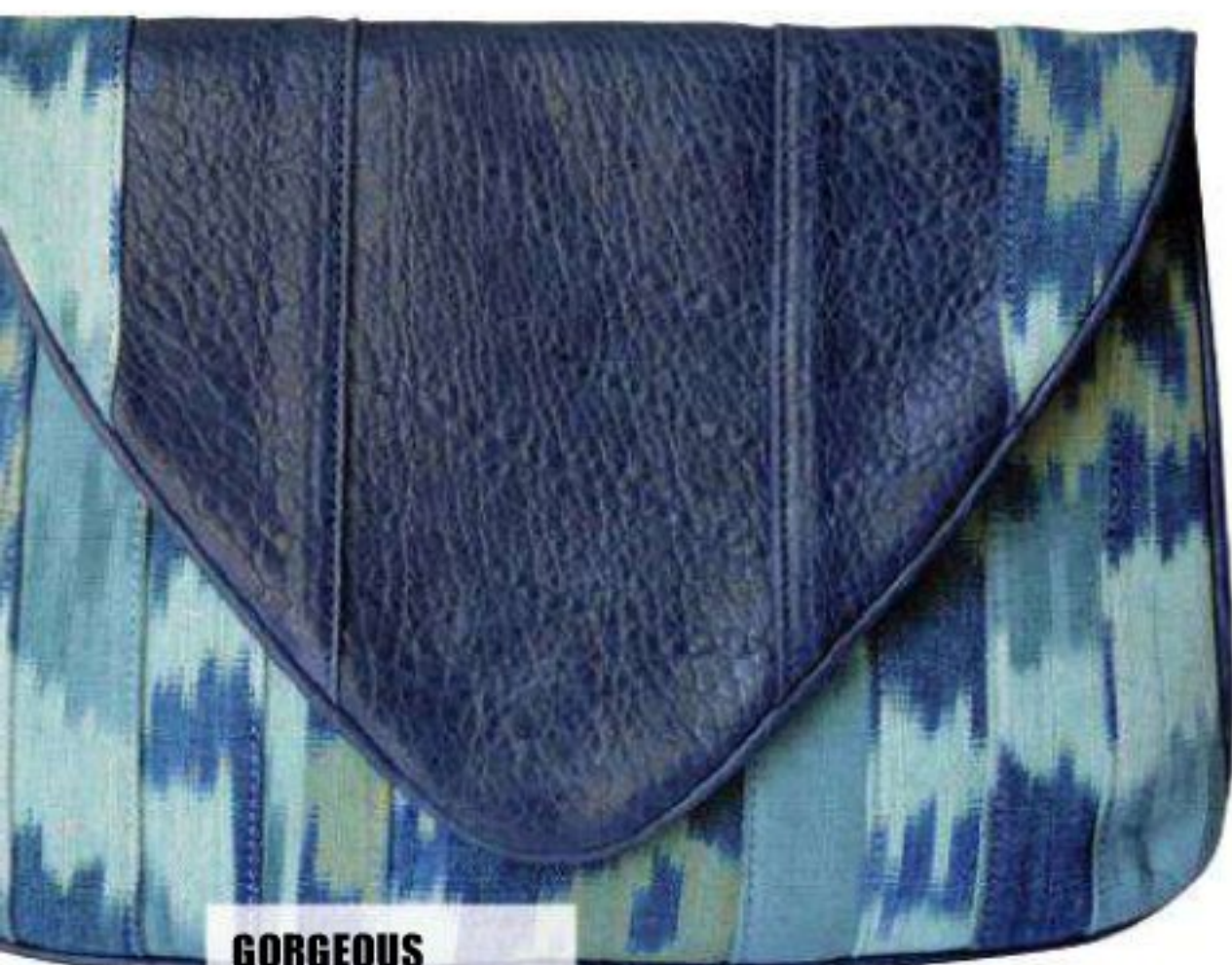


A SWEET SPRING DRESS

5 readers will each win this sunshine-yellow silk dress from 81 Poppies. Value of each, \$286.

Free for you

We're giving away sprees, spas, and stylish stuff, plus a great getaway—and two **diamond** rings. Enter to win at redbookmag.com/freebies.



GORGEOUS HANDBAGS

8 readers will each win a gift card from Bryna to spend on any of the chic bags at shopbryna.com (including this fun ikat-and-leather clutch). Value of each, \$200.



SPAAAAH 15 readers will each win a Spa & Wellness Gift Card from Spa Week. Redeem it at one of 5,000 locations across North America for massages, facials, and more! Value of each, \$100.



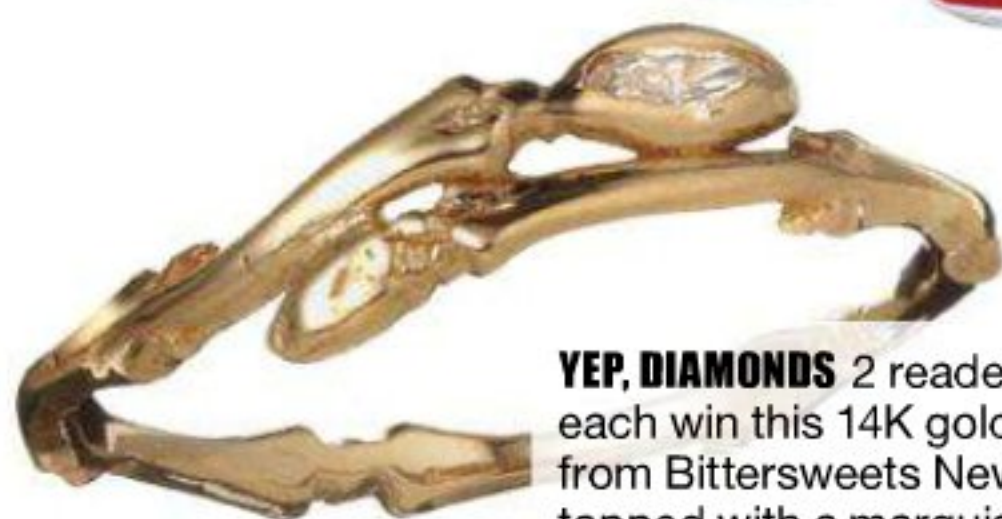
PRETTY PRINTED TUMBLERS

25 readers will each win a set of insulated Fiesta Americana tumblers, with travel tops, from Tervis—all of 'em freezer-, dishwasher-, and microwave-safe. Value of set, \$60.



SUCH A CUTE WATCH

50 readers will each win a candy-colored water-resistant watch from RumbaTime. Value of each, \$30.



YEP, DIAMONDS 2 readers will each win this 14K gold twig ring from Bittersweets New York, topped with a marquis-cut diamond. Value of each, \$725.



SO MANY SHOES!

10 readers will each win a gift card to spend on any shoes they like at Aerosoles. Value of each, \$200.

COLORADO: COURTESY OF GATEWAY CANYONS RESORT. DRESS: CHRISTOPHER COPPOLA/STUDIO D. STYLIST: PHYLLIS BAKER FOR MARK EDWARD INC. RING: BEN GOLDSTEIN/STUDIO D. WOMAN: BRIGITTE SPORRER/GETTY IMAGES. OTHER PRODUCTS: COURTESY OF MANUFACTURERS.

REDBOOK NOTEBOOK

WHAT'S NEW, NOTEWORTHY & NOW

RUN LIKE A MOTHER® ON MOTHER'S DAY!

The Run Like A Mother® women-only 5K is coming to a city near you! Experience a memorable morning filled with inspiration and motivation on Mother's Day with races in these cities: Ridgefield, CT; Portland, OR; Seattle, WA; San Diego, CA; Sacramento, CA; Dallas, TX; Milwaukee, WI; Chicago, IL; Nashville, TN; Raleigh, NC; Boston, MA; and Washington, DC!

Make it a family affair with our kids' 1-mile race and festive post-race party. All moms receive a stylish T-shirt and goody bag. ***Run Like A Mother® Isn't Just A Race, It's Our Way Of Life.***

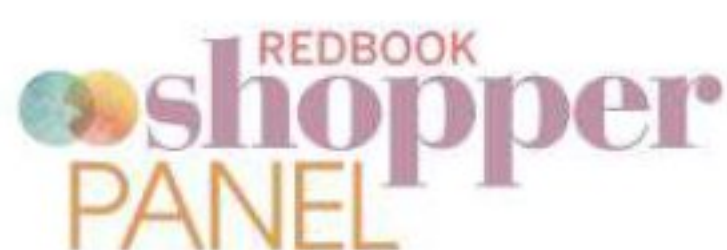
Visit runlikeamotherrace.com for more information.



CALLING ALL BEAUTY JUNKIES!

Are you the first of your friends to try out a new trend? Do you love shopping for beauty products? We want to hear from you! Become a member of our REDBOOK Shopper Panel and share your insights on everything beauty. Test the latest products, voice your opinions, and more.

Sign up today at redbookshopperpanel.com.



RIDE IN STYLE WITH HUFFY CRUISERS

Choose from a selection of sleek models, like the Cranbrook with a comfy padded spring seat and soft grips. Perfect for cruising around the block—just like when you were a kid.

See the full line at huffy.com.



SAVE \$1 ON COMFORT CUP® BY CHINET® INSULATED CUPS

Grab the day a little differently when you wrap your hand around a Comfort Cup® by Chinet®. To see how we make the morning routine no longer routine, watch our video and save \$1 at mychinet.com/comfortcup.



THE PATTI BY ROSETTI

How to be both elegant and casual? This chic bag crafted by Rosetti, America's favorite handbag, pulls off the feat with its sophisticated silver tone and slouchy, gathered shape. It works with everything from office wear to jeans. Just grab it and go: americasfavoritehandbag.com.



SHOPPING, PRIZES, & MORE ON YOUR IPHONE!

Check out REDBOOK's app—**Look, Love, Shop!**—for fashion finds, beauty must-haves, home essentials, recipes, and **fab prizes**. Download it for FREE in the App Store, or scan the QR code below.



No purchase necessary to enter or win.

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*Points of contact between
fibers and lashes will vary.

- **SEALING FORMULA**
visibly stretches lashes and
securely seals fibers to lashes.
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with each lash for
optimal fiber placement.



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MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

Kemp is wearing New Illegal Length™ Fiber Extensions Mascara in Blackest Black. ©2012 Maybelline LLC.

WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

No Texas tuxedo here! These days, **mixing denim** is cute as can be. Here's how it's done.


Tip #1 Pair two different shades of indigo to get a subtly monochromatic—not matchy-matchy—effect.

Tip #2 Break up the outfit with a touch of bright color (flats, a peppy tee), or add chunky, earthy jewelry to give it some edge.

Tip #3 Avoid sneakers or baseball caps. Anything that asks, "Is this the away game?" is best avoided.

Tip #4 Give your wallet a rest! You own tons of denim stuff already. If you add in just one or two new pieces, you'll be set. Turn the page for inspiration... ►

Top, Trovata, \$230; Laguna Supply, Laguna Beach, CA, 949-497-8850.

 **5 readers will win:** Necklace, Stella & Dot, \$228; stelladot.com. (To enter, go to redbookmag.com/freebies. See [page 174](#) for details.)

Ring, Vanessa Mooney, \$95; vanessamooney.com. Jeans, DL1961 Premium Denim, \$168; dl1961.com. Wedges, Vera Wang Lavender, \$250; piperlime.com.

TREND WITH BENEFITS

Denim
ON
denim

TREND WITH BENEFITS

Txe-nxck
blouxes

TREND WITH BENEFITS



Tip #5

The more rugged and low-key the top and bottom, the sexier your heels should be.

Shirt, American Eagle Outfitters, \$39.50; ae.com.
5 readers will win: Scarf, La Fiorentina, \$45; nordstrom.com for locations. Belt, Gorjana, \$68; gorjana.com. Jeans, Washborn, \$104; asos.com. Heels, Butter Shoes, \$301; endless.com.



All the jewelry you need



Tip #6

Bright stripes and some gleamy accessories make this date-night magic.

5 readers will win: Tank, Piper Gore, \$48; francesvintage.com. Jacket, DKNY Jeans, \$79; Lord & Taylor. Ring, Loft, \$24.50; loft.com.

5 readers will win: Skirt, Miraclebody Jeans by Miraclesuit, \$86; Bloomingdales. Flats, Enzo Angiolini, \$69; macys.com.



24/7 DENIM! WORK AND PLAY IN THESE LOOKS.



Jessica Alba (above) adds in neutral layers; Ashley Greene keeps it simple.



Tip #7

A chambray shirt mixed with a femme skirt is absolutely ladylike.

Shirt, AG Adriano Goldschmied, \$128; agjeans.com. Bag, Windsor, \$34.90; windsorstore.com. Skirt, Trina Turk, \$198; trinatürk.com. Flats, Luiza Barcelos, \$166; endless.com.

Polished, pretty sandals



Tip #8

A jean jacket is a cool replacement for your cardigan. Let a flowy blouse peek out beneath.

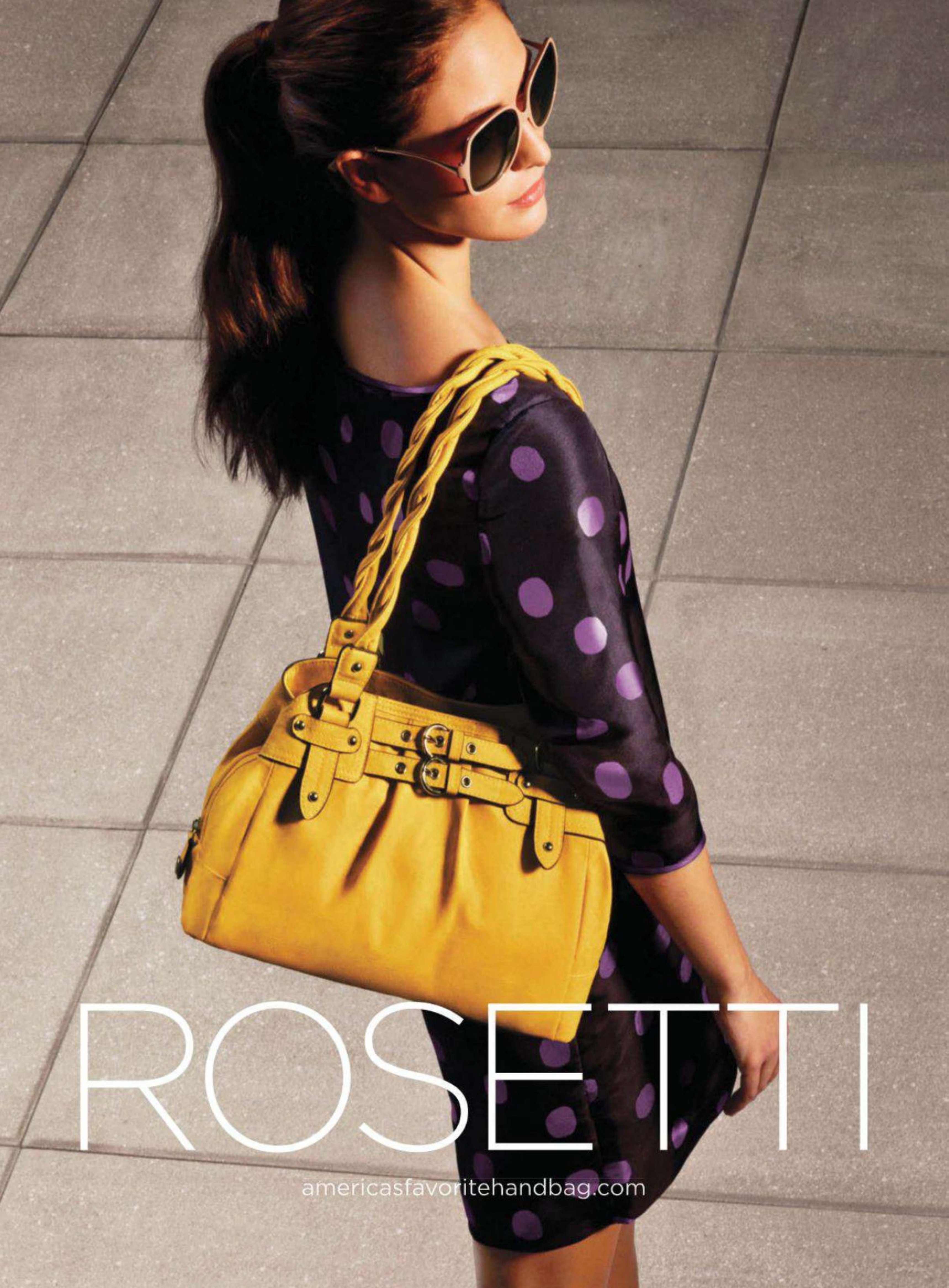
Top, Gap, \$49.95; gap.com. Jacket, Kut From the Kloth, \$69; Nordstrom.

5 readers will win: Necklace, Cost Plus World Market, \$16.99; worldmarket.com. Jeans, Joe's, \$174; joesjeans.com. Wedges, Call It Spring, \$50; jcp.com.



ALBA, GREENE: FAME PICTURES. SCARF: GREG MARINO/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC. GOLD SHOE, GRAY BAG, WEDGE: BEN GOLDSTEIN/STUDIO D. STYLIST: SABRINA GRANDE FOR R.J. BENNETT REPRESENTS. ALL OTHER STILLS: CHRISTOPHER COPPOLA/STUDIO D. STYLIST: PHYLLIS BAKER FOR MARK EDWARD INC.





ROSETTI

americasfavoritehandbag.com

30 days of new

Back by popular demand: It's your spring wardrobe makeover. We remixed your to get a month of 100% fresh looks. Readers tell us they tape this planner up in their

Here's what *you have*

REDBOOK surveyed hundreds of readers and discovered that more than 60 percent of you already have these items in your closet. Missing one? Consider our picks...



BLACK SHORT-SLEEVED TOP
Mango, \$44.99;
mango.com.



BOOT-CUT JEANS
Mavi, \$98;
mavi.com.



BRIGHT TANK
American Eagle
Outfitters,
\$15.50; ae.com.



LITTLE BLACK DRESS
Ann Taylor, \$118;
anntaylor.com.



BIG NECKLACE
C. Wonder, \$98;
cwonder.com.



PULLOVER SWEATER
Loft, \$44.50; loft.com.



BLACK FLATS
Talbots, \$119; talbots.com.



JERSEY DRESS
Express, \$70;
express.com.



WEDGE SANDALS
Charles David, \$145; charlesdavid.com for store locations.



WHITE T-SHIRT
Piper Gore, \$46;
francesvintage.com.



CROPPED PANTS
Keds, \$138;
openingceremony.us.



CLASSIC BLAZER
Victoria's Secret Catalogue, \$128;
victoriasecret.com.



HOODIE
Quiksilver, \$49.50;
quiksilver.com.

CLOTHING: BEN GOLDSTEIN/STUDIO D. STYLIST: SABRINA GRANDE FOR R.J. BENNETT REPRESENTS. MODEL: CHRIS ECKERT/STUDIO D. HAIR AND MAKEUP: ERICA WHELAN.

Outfits!

basics with 8 new — *amazingly cheap* — pieces closets to end “What do I wear?” anxiety. Try it!

Here's what *to buy*

Eight pieces for less than \$200! The interesting colors and shapes will make your staples exciting again.



\$34.94

Colorful jeans are of-the-moment and so fun. Old Navy; oldnavy.com.



\$15.00

A floaty patterned skirt. Make Me Chic; makemechic.com.



\$17.99

Sharp-as-a-tack shorts. Merona for Target; target.com.



\$26.00

Flats with major flair. Qupid; lulus.com.



\$6.40

A belt that brings a touch of modern cool. GoJane; gojane.com.



\$39.99

A utilitarian (but flattering!) jacket. Converse One Star; target.com.



\$19.80

This silky tunic is super-versatile. Forever 21; forever21.com.



\$24.95

The perfect marriage of classic and bold. H&M; hm.com for store locations.



5 readers will win *all* these new items! To enter, go to redbookmag.com/freebies. For details, see page 174.

1

Color-blocking is one of our favorite trends. Who knew it could be so easy?



2

The knotted tee adds a sweet layer—not bulk—to the jersey dress.



Mix beiges, pair up brights, and keep it all **chic** with black, gray, and white.

3



4



5



6



7



8



9



10



11





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SWAROVSKI
ELEMENTS

FASHION SPECIAL



12

Polished yet relaxed, this'll take you from casual Friday straight to drinks.

A few **great pieces** that mix like magic beat a closet full of so-so stuff every time.

13



14



15



16



17



18



19



20



21



POP OF FRESH



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NEW



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22

Laid-back pieces give a thrown-on cuteness to your fave LBD.

Casual with dressy, trendy with classic: **Mixing vibes** is the salty-sweet of style — just delicious!

23



24



25



26



27



28



29



30



...AND WE JUST KEPT GOING! To see 20 more fantastic outfits, log on to redbookmag.com/20moreoutfits.



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better probiotic.



ProNutrients® Probiotic from Centrum

- Works safely with your multivitamin
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ProNutrients. Take Your Nutrition to the Next Level

DRESS CODE

Hit 'refresh' on your wardrobe

Celebs pay stylist June Ambrose big bucks to get them on the best-dressed lists. For you? Her advice is free!



See Ms. Ambrose in action on VH1's new *Styled by June*.

THE #1 CLOSET ESSENTIAL IS...

"A pinstripe suit. I constantly reinvent mine by wearing the pieces separately and dressing them up or down. They add effortless drama and a timeless feel to your look."

- 1 Necklace, Belina, \$32; shopbelina.com. 2 Shirt, Ann Taylor, \$118; annetaylor.com. 3 Belt, L.K.Bennett, \$145; lkbenett.com for store locations. 4 Pants, Express, \$80; express.com. 5 **5 readers will win:** Heels, Charles David, \$180; charlesdavid.com. 6 **5 readers will win:** Top, Talbots, \$109; talbots.com. 7 Jacket, Express, \$108; express.com. 8 Skirt, Marimekko, \$135; us.marimekko.com. 9 Heels, Bacio61, \$134; musthaveshoes.com.



A chalk stripe is very retro-cool

EVERY MOM NEEDS...

"What I like to call 'glamouflage.' If I run out in sweats to drop the kids off, I throw on huge glasses and a funky hat: Now I'm in an outfit!"



- 5 readers will win:** Sunglasses, \$14; fredflare.com. **5 readers will win:** Hat, \$40; landsendcanvas.com.

DEFINITELY DON'T FEAR...

"Leopard print! It feels bold but is actually super-classic. Start with an accent if it scares you."

Scarf, \$25; fraas.com.



THE NEW WAY TO MAKE A STATEMENT:

"Sparkle for day. Wear beaded shoes to liven up a work outfit, or pair a sequin top with simple sweatpants for a playful feel. Sparkly stuff takes an outfit from a 5 to a 10 every time."

Sweatshirt, DKNY Jeans, \$59; macys.com. Flats, Lauren Conrad, \$60; kohls.com.



THE EASIEST SPRING UPDATE:

"Bold color—especially neon. It will bring fresh energy to pieces you already own."

Bag, Street Level, \$49; shophallelu.com.



INCREASES THE DIAMETER OF EACH EXISTING
HAIR STRAND FOR A FULLER LOOKING
HEAD OF HAIR. GUARANTEED*.



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WITH HTX™

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Rise & Outshine

A MORNING IN THE LIFE OF AN UP-AND-COMING DESIGN DIVA

Caitlin Wilson has many jobs—she owns an interior design company, runs her own textile line and maintains a popular design blog. “Despite my busy schedule, my most important job is being a wife and a mother, so I have to juggle things creatively. My daughter will hang out in my office and draw her own designs while I work on mine—she loves ‘working’ with mommy!”



5:00AM

My mile-long to-do list tends to keep me from sleeping. If I wake up in the middle of the night, my mind starts racing and I'll just get up and work. It's amazing how productive I am in the wee hours of the morning!



7:45AM

I always need a good tea-tree-scented aromatherapy shampoo to help me rejuvenate. On days that I don't have time for a full blow-dry, I throw my hair in a bun on top of my head and dry my bangs for a quick fix.



8:15AM

Dressed for the day! My “spring look” is typically a shimmery lightweight blouse topped with one of my favorite blazers, plus a go-to pair of gold flats.



8:30AM

On days my daughter, Olivia, goes to preschool, I can count on it taking a few minutes to coax her out of the house. Her new thing is putting everything she can possibly grab into her backpack. I need to be quick and clever to navigate her through the door.



9:00AM

I need a little sweet treat (in a stylish, bold cup to energize me for the day. My charge-up drink is homemade hot cocoa—it's not just a winter treat! This unexpected indulgence is perfect for getting me through my morning emails.



Grab the day a little differently when you wrap your hand around a **Comfort Cup®** by **Chinet®** insulated cup. With its stylish design, triple-wall insulation and tight-fitting lid, it's the perfect on-the-go accessory—keeping your drink hot, your fingers cool and your look dazzling, every step of the way.



SAVE \$1.00
comfortcup® by *Chinet*

Watch how we make the morning routine no longer routine. Recently, the **Comfort Cup®** by **Chinet®** insulated cups team hit the road, surprising folks with an impromptu Pop-Up Café serving complimentary coffee. Visit MyChinet.com/ComfortCup to watch our video and see the reactions. While you're there, sign up to save **\$1 off your next purchase!**

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BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

5 TRICKS TO...

Get that luxe spa feeling—at home

Throw on a robe, crank up the Enya, and relax with these (practically free) expert tricks. By Kayleigh Donahue

BRAD BIRCH

BEAUTY TRICKS

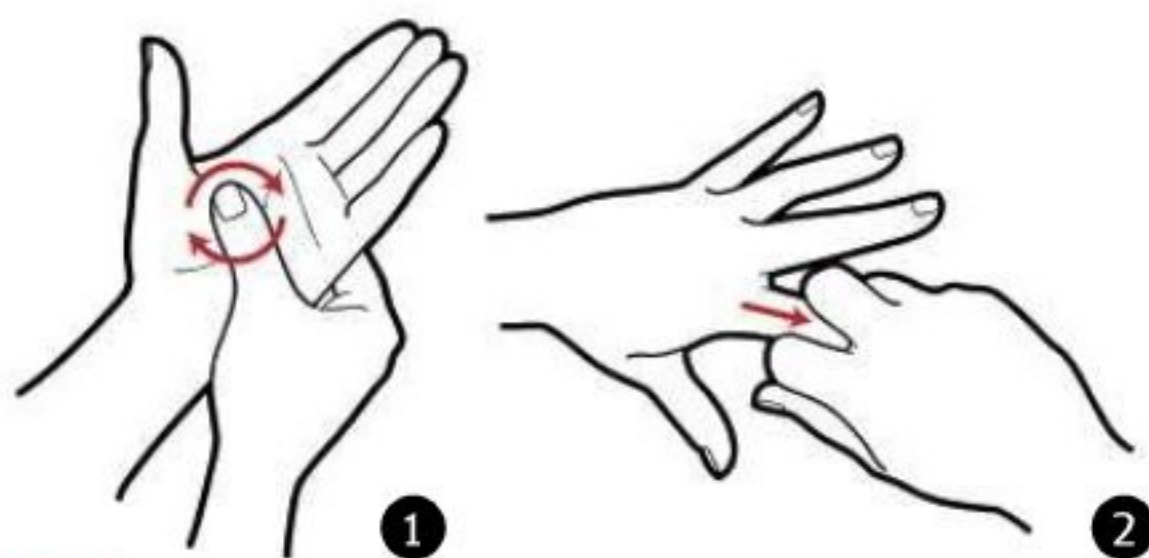


1 Get baby-soft skin

Giving yourself a scrub in the shower delivers virtually the same smooth results you'd get at a spa, says Jennifer Cragg, senior therapist at the Setai Wall Street Spa in New York City. Try Philosophy Amazing Grace scrub (above), \$25, which **2 readers will win.** Want to make your own? Easiest recipe ever: Mix coarse sea salt or brown or white sugar with enough olive oil or grapeseed oil to easily spread it around on your skin. And always scrub *after* washing your body with soap; the oils will sink into clean skin and hydrate it.

2 RUB YOUR OWN BACK!

Do you have the posture of a shrimp? Unfurl with this move we picked up at Laughing Lotus Yoga Center in New York City. Lie on top of a rolled-up yoga mat or thick towel, aligning it with your spine. Let your arms and shoulders fall to the floor on either side, opening up your chest, then slowly sweep them in semicircles along the floor, like you're making a snow angel. Take a few deep cleansing breaths and say it with us now: *Ahhhh!*



3 UN-KNOT HANDS

What's the best part of any mani? The massage! Here are the D.I.Y. instructions from Yuna Park, a Lancôme celebrity manicurist. **1** Work lotion into the palm of one hand, then use your other hand to knead the meaty spot between your thumb and index finger. **2** After you've done both hands, slide the knuckles of your pointer and middle fingers of one hand along each finger on the other.

4 Soak away stress

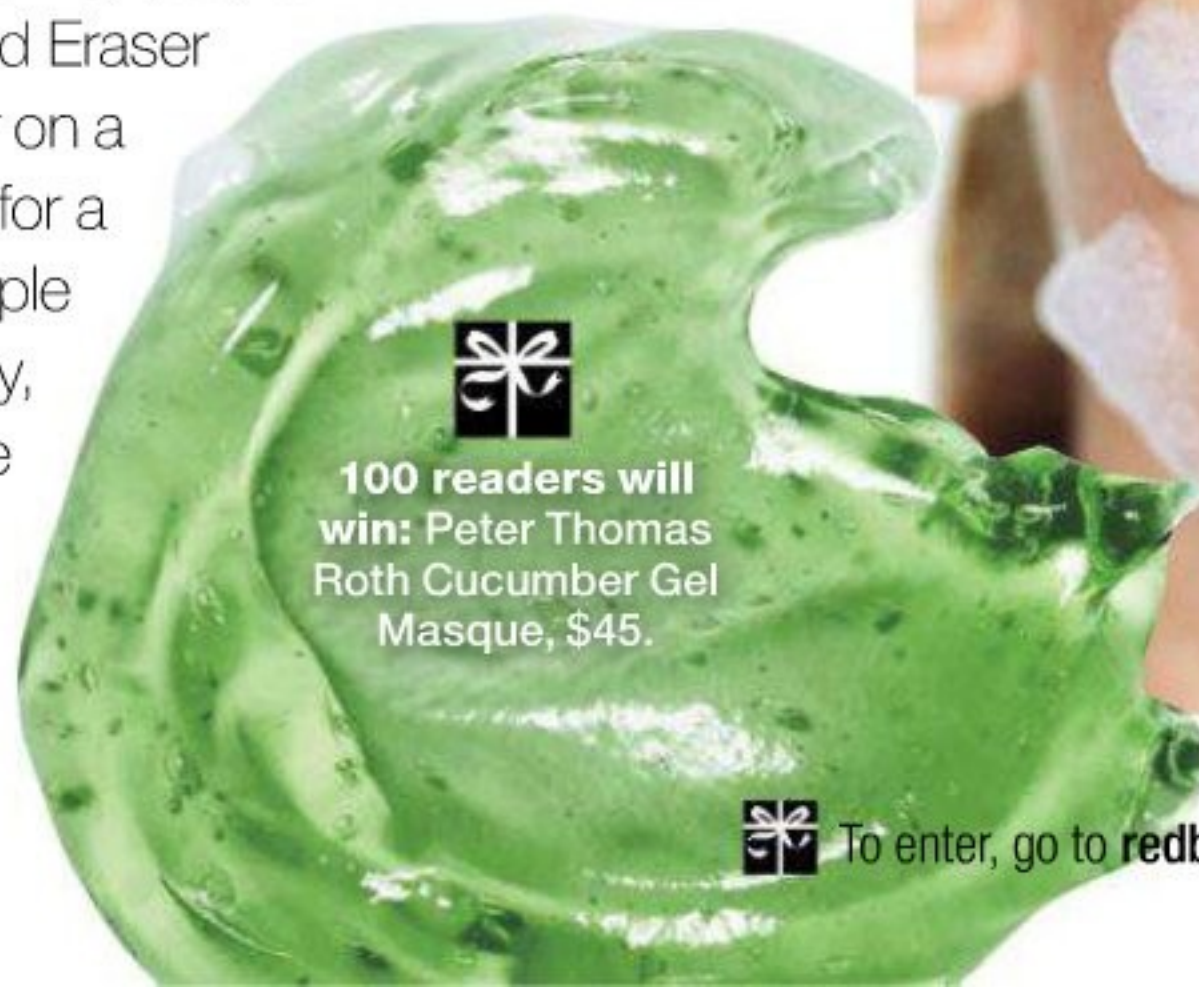
Add a few drops or scoops of something soothing to your bath—it will totally transform the experience. “Essential oils can be really therapeutic and uplifting,” Cragg says. (There's a great selection at 100pureessentialoils.com.) Try ylang-ylang or neroli oil to reduce stress, lavender or vanilla to calm, or peppermint to reduce pain. To soothe sore muscles, try Epsom salts or sea salts, which also help draw out skin impurities. A splash of milk will exfoliate and soften skin. Then lock the door, light a candle, and steep.



5 readers will win: Molton Brown Seamoss Stress-Relieving Hydrosoak, \$28, which contains sea salts.

5 Make your face glow

We love this three-step facial from Los Angeles facialist Kate Somerville. (Before you start, microwave three damp washcloths for 30 seconds, then use one to clean your face after each step.) **1.** Run hot water in a sink and stand over it with a towel draped over your head for a few minutes—the steam softens your skin—then wash your face. **2.** Next, scrub with a product containing both round beads and a chemical exfoliant like salicylic acid or lactic acid. Try Kate Somerville ExfoliKate Gentle, \$65, or Clean & Clear Blackhead Eraser Scrub, \$5.99. **3.** Slather on a hydrating face mask, or for a real D.I.Y. twist, use a couple teaspoons of raw honey, which locks in moisture and has antimicrobial properties. Wait 15 minutes and wipe it off.



100 readers will win: Peter Thomas Roth Cucumber Gel Masque, \$45.



“when color is the focus, make it a **sure shot.**”

Essie

**new
resort
collection
2012**



pink-a-boo



she's picture
perfect



no more film

DBP, Toluene and
Formaldehyde free



**new
sure shot**

America's nail salon expert.
Since 1981. essie.com

FINDS AND FREEBIES TO GET YOU STOKED FOR SPRING



1 Swipe on some sultry For a lighter (but still foxy) take on smoky eyes, work this deep burgundy pencil into your lash lines. **5 readers will win:** Stila Smudge Crayon in Umber, \$22.

2 Juice up your mani Add a bright tangerine polish to your digits, then wave buh-bye to the last of the cold weather. **10 readers will win:** OPI Nail Lacquer in A Roll in the Hague, \$8.50.

3 A sexy spritz This sensuous blend of neroli, jasmine, and musk will magically reel him in. **10 readers will win:** Givenchy Le Bouquet Absolu limited-edition eau de toilette, \$58 for 1.7 oz.

4 Not-so-basic balm A creamy lip conditioner in a vibrant pink shade that'll wake up any complexion. **5 readers will win:** Pixi Tinted Brilliance Balm in Craving Coral, \$16.

5 Featherweight cream Everything a daytime moisturizer should have—antioxidants, broad-spectrum sunscreen—in an oil-free, ultralight formula. **5 readers will win:** Estée Lauder Oil-Free DayWear Creme SPF 25, \$45.

6 "It" shade alert Lipstick girls, this sultry deep rose is the season's gotta-have hue. **5 readers will win:** Burberry Lip Cover in Primrose Hill Pink, \$30.

7 Soap, upgraded Made of 86 percent pure olive oil and zero artificial additives, it's safe to use on the whole family (and smells yummy). Kiss My Face Olive Oil Bar Soap, \$2.99.

8 A wink of color A light dusting of this sheer purple shadow with extra-fine shimmer creates the prettiest ethereal effect. MAC Extra Dimension Eyeshadow in Blue Orbit, \$20.

9 Perfume lite This spray's refreshing raspberry and pear notes give skin a *touch* of scent. Bath & Body Works Fragrance Mist in Carried Away, \$14.

10 Mega shine booster This mousse-like hair gloss, which comes in two color-enhancing shades and a clear formula, creates tons of sheen and is light enough for even the finest strands. Rita Hazan Foaming Color Gloss, \$25.

GREG MARINO/STUDIO D.



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dyes...
artificial
perfumes...
harsh
irritants...

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The UK's #1* facial skincare range is NOW available here. Simple has no dyes, artificial perfumes or harsh irritants that can upset your skin. Instead, just our purest possible skin-loving ingredients with added vitamins, for natural, healthy-looking skin.

Simple is suitable for all skin types, **especially sensitive skin.**

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*Symphony IRI Group UK Non Medicated Facial Skincare Units 52 w/e 10th September 2011

A LIGHT IDEA

LET'S FACE IT: THE QUEST FOR SHINY, NOURISHED STRANDS CAN SOMETIMES COME AT A COST—HEAVY CONDITIONING PRODUCTS CAN LEAVE HAIR WEIGHED DOWN.

PANTENE'S NEW AQUA LIGHT COLLECTION RETHINKS HEAVY CONDITIONING AND LEAVES YOUR HAIR WITH BODY AND SWISSHABILITY. DR. JENI THOMAS, PANTENE PRINCIPAL SCIENTIST, EXPLAINS, "THE AQUA LIGHT COLLECTION IS SPECIALLY DESIGNED TO GIVE HAIR THE NOURISHMENT IT NEEDS, BUT WITH NO WEIGHT!" READ ON TO LEARN MORE...



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“HEALTHY, LIGHT, AND FREE—JUST LIKE HAIR SHOULD BE!”

—cat deeley



Swissshable hair! "**PANTENE AQUA LIGHT SHAMPOO** is formulated with lightweight ingredients, so it doesn't weigh hair down," explains Thomas. The Clean Rinse formula gently cleans away weighty residue and lightly nourishes wet hair.

Get the extra nourishment* you need. "**PANTENE'S AQUA LIGHT CONDITIONER** strengthens hair against damage and rinses clean in seconds, leaving you with lightweight, nourished hair," says Thomas.

*vs. Aqua Light shampoo alone.

Go ahead... leave it on! The **PANTENE AQUA LIGHT WEIGHTLESS CONDITIONING SHAKE** provides a weightless layer of detangling and heat protection, all in one. "This multi-tasking, leave-on spray helps make your beauty routine quick and easy," explains Pantene Celebrity Stylist Danilo.

GET YOUR SWISSH ON

MASTER THE STYLES YOU LOVE FOR SPRING WITH THESE TIPS FROM DANILO.



TOUSLED BEACHY-WAVE HAIR:

Wash and condition hair, use a few sprays of the **Pantene Aqua Light Weightless Conditioning Shake**, and then air-dry for loose beachy waves.

CLASSIC PONYTAIL:

Before pulling hair into a ponytail, spritz **Pantene Aqua Light Weightless Conditioning Shake** onto dry hair for a touchably soft, groomed look.



Love what you see? Learn more about Aqua Light at
[FACEBOOK.COM/PANTENE](https://www.facebook.com/pantene)

PANTENE
PRO-V

SWISSSSH...WITH OUR NEW LIGHTWEIGHT COLLECTION

NEW AQUA LIGHT. Water soluble Pro-V shampoo and conditioner nourishes then rinses clean in seconds. **ZERO WEIGHT. 100% MORE NOURISHMENT*.** Discover your perfect swisssh.

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*shampoo and conditioner system vs. non-conditioning shampoo.

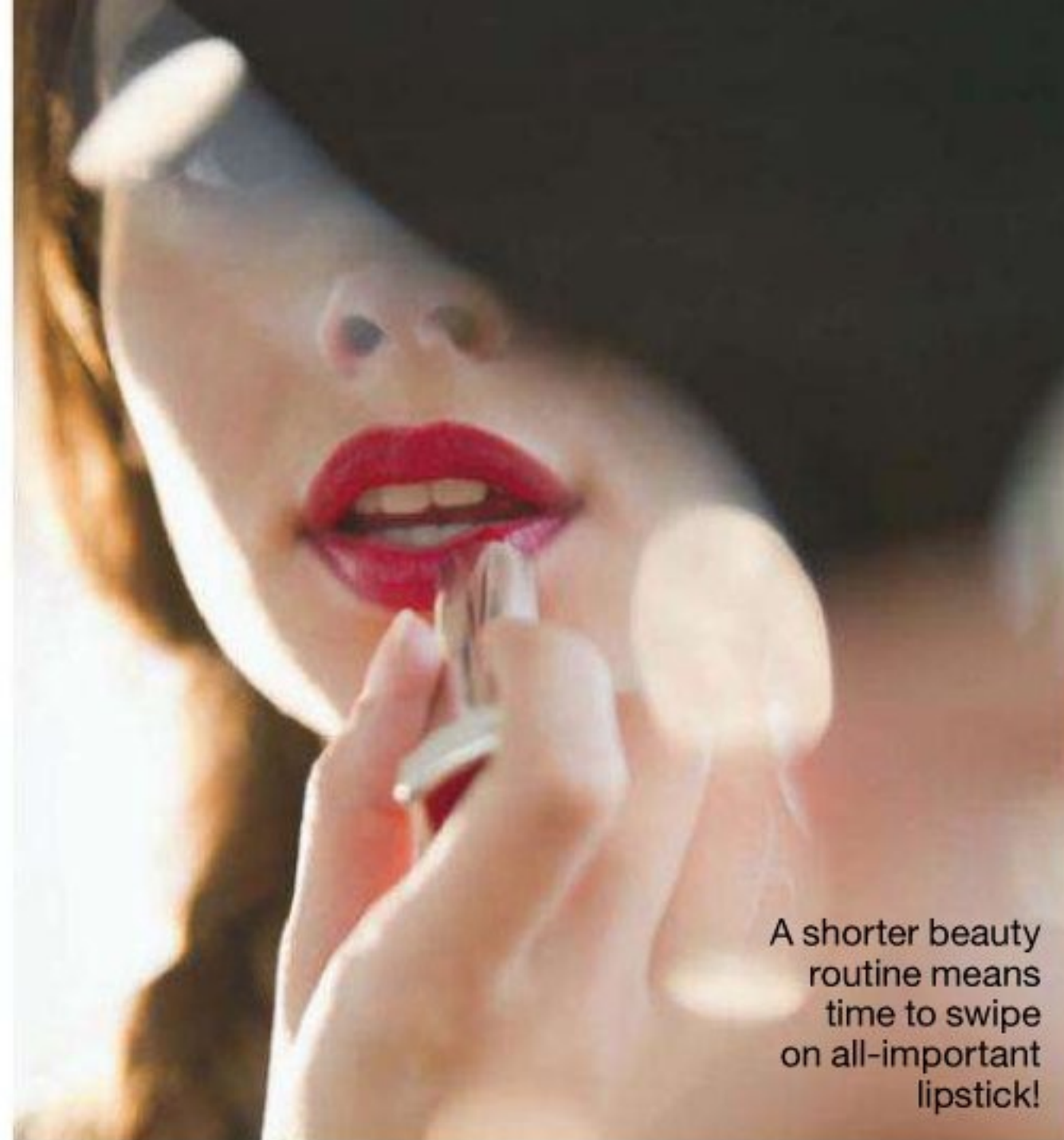


MEET YOUR MATCH

For women with olive or dark skin, the foundation shade selection at the drugstore can leave a *lot* to be desired. To the rescue: L'Oréal Paris, which just added nine new colors (and tweaked five existing ones) to their best-selling range of True Match Foundation, \$10.95 each. The new medium and deep hues were created after analyzing the skin tones of women from 57 countries of origin, then surveying them on what they want from their make-up. Now that True Match comes in a whopping 33 shades, how do you find the right one? Easy: L'Oréal's free Match-Maker app (downloadable on iTunes) suggests colors based on your answers to a brief Q&A. —KAYLEIGH DONAHUE



Want skin perfection like the lovely Freida Pinto and Viola Davis? Tap into new, custom makeup shades.



A shorter beauty routine means time to swipe on all-important lipstick!

Fast, smart, and **UNDER \$10**

Go ahead and hit the snooze button! These new wonder-products all cut a step from your a.m. routine.

- **TRESEMMÉ FRESH START WATERLESS FOAM SHAMPOO, \$4.99.** This mousse-formula dry shampoo sops up oil just as well as the powder kind, but it won't dull your shine. Work a blob of it through your hair, rub with a towel, and—done!
- **BIORÉ COMBINATION SKIN BALANCING CLEANSER, \$7.99.** Women with combo skin often double up on face wash, using an oily-skin formula on their T-zone and a moisturizing one on their cheeks. This cleanser streamlines things and helps balance oil levels by removing only the dirt-filled oils on the skin's surface, not the hydrating ones deeper down.
- **JERGENS NATURAL GLOW & PROTECT SPF 20, \$8.99.** The cult-favorite self tanner/body lotion still gives you bronzed, silky skin. But now it also contains broad-spectrum SPF 20 and boasts the Skin Cancer Foundation's Seal of Recommendation. **10 readers will win.**
- **SUAVE PROFESSIONALS DRY CONDITIONER, \$2.99.** Rx for your scarecrow ends without setting foot in the shower: a few spritzes of this super-lightweight aerosol conditioner. It goes on dry hair and instantly restores sheen with nourishing shea butter and sunflower-seed extract. —K.D.

WIN A GLAM GETAWAY!

REDBOOK and John Frieda Hair Care want to help you recharge for spring. From March 13 through April 10, enter to win a 2-night stay for you and a guest at the five-star Sunset Tower Hotel in Los Angeles. You'll get a hair makeover by a top stylist at the Serge Normant at John Frieda Salon in West Hollywood (that's it on the far right), plus a day of luxe spa treatments for you *and* your guest. All airfare and ground transportation costs are included. For an at-home hair boost, we're also giving away 100 sets of products from John Frieda's Full Repair collection, including shampoo, conditioner, and the new Style Revival heat-activated styling spray (right).





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a beautifully different body wash.

Try Dove® VisibleCare™ for one week and you'll see a visible improvement in your skin. And with our highest concentration of NutriumMoisture™, you'll experience a body wash like no other. DOVE VISIBLECARE CRÈME BODY WASH.

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Average results shown in 1–3 weeks of daily use, based on clinical testing. In home use testing, consumers noticed visible improvement after 1 week. Photos shown reflect clinical improvement at 3 weeks.



5-MINUTE FIX UGH, PORES

Air-brushing was probably invented by a woman who stared at her pores in a magnifying mirror one too many times. Without Photoshop, you can't really make the suckers smaller—but you can fake it with these two quick steps. First, smooth on a primer that contains silicone and light-reflecting pigments, both of which have a soft-focus effect on the skin. (Try Dr. Brandt Pores No More Pore Refiner, which is tinted for extra camouflage.) Then, to eliminate shine (which acts like a spotlight on pores), dust on a face powder that also has light-reflecting pigments. “But don’t substitute a highlighting powder—too much sheen will actually make the problem more obvious,” says New York City makeup artist Laura Geller, founder of Laura Geller Cosmetics. —MARY ROSE ALMASI



Magic duo (from top): Dr. Brandt Pores No More Pore Refiner, \$45; CoverGirl CG Smoothers Pressed Powder, \$8.



10 readers will win: Clinique RepairWear Uplifting Firming Cream, \$58.

Firmer skin, starting now

Some anti-aging creams are labeled *wrinkle-reducing* and others are labeled *firming*—tomayto, tomahto, right? Not exactly. While most firming creams contain the same collagen boosters (retinol, peptides) as wrinkle creams and can also reduce lines over time, firming formulas offer an extra, immediate benefit. “Most form a tightening film on the skin that makes it temporarily

more taut,” explains New York City dermatologist Dennis Gross, M.D., founder of Dr. Dennis Gross Skincare. “You can feel it happening right after you put it on.” (One caveat: If you have dry skin, Gross says, the tightening ingredients

can be drying.) Our fave new firmers: Clarins Extra Firming Day Cream, \$80; Clinique RepairWear Uplifting Cream, \$58; and Aveeno Positively Ageless Restructuring Cream, \$19.99. —M.R.A.



5 readers will win: LightStim for Wrinkles, \$249.

Fight wrinkles... with light?

Why is LED light therapy the big buzz in anti-aging? This dermatologist treatment uses light waves beamed into the skin to kick-start collagen production. It's totally painless, it takes only one minute per treatment, and there are zero side effects. The one ouch: A full series of treatments can cost \$1,000. Now, handheld versions offer the same technology and promise similar results at home for far less. Both the Tanda Luxe Skin Rejuvenation Photofacial Device, \$195, and the LightStim for Wrinkles (left), \$249, are FDA-approved. An expert's opinion: “These devices have the potential to reduce fine lines, but we don't know by how much yet,” says Robert A. Weiss, M.D., an associate professor of dermatology at Johns Hopkins University School of Medicine in Baltimore. “And you have to treat your face every day for the first month, then twice a week, in order to see results.” —M.R.A.



new

2-IN-1 ANTI-WRINKLE POWER

SERUM

-PLUS-

MOISTURIZER

TOGETHER AT LAST

pro-retinol
from nature

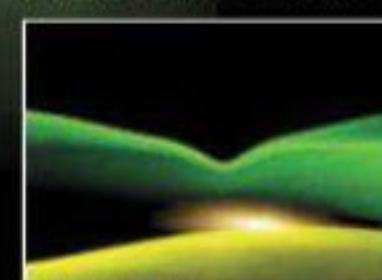


CONCENTRATED
SERUM
penetrates deep*

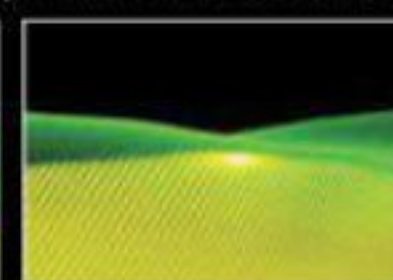
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instantly smooths

Ultra-Lift®
Serum + Moisturizer

83% OF WOMEN**
SAW FIRMER SKIN, FEWER WRINKLES



dramatization



[before]

[in 2 weeks]

Bridget Moynahan

Take care.
GARNIER
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*Skin's surface layers.

**Based on women who saw wrinkle reduction in a consumer perception study after 2 weeks. ©2012 Garnier LLC.

Q&TRIPLEA



Her eye crinkles are gorgeous, but if yours bug you, read on.



Even when I'm not smiling, I have **crow's-feet**. Can I get rid of them?

A



THE DERMATOLOGIST SAYS:

"Women typically start seeing crow's-feet in their mid- to late 30s, and sometimes as early as their 20s. Luckily, the thin skin around your eyes responds faster to anti-aging treatments than any other area." A prescription

Jessie Cheung, M.D., codirector of cosmetic dermatology and assistant professor of dermatology at Rush University Medical Center in Chicago

retinoid such as Differin 0.3-percent gel (about \$300 per 45-gram tube) or Tazorac (about \$200 per 30-gram tube), will boost collagen production and reduce the appearance of fine lines by 50 to 75 percent after six weeks, Cheung says. "For deep creases, four light in-office peels spread over eight weeks can work wonders." Cost: a steep \$100 to \$200 per peel, but results last over a year. Still, Cheung adds, "nothing will have a lasting effect unless you protect the area every day with SPF 30 or higher and sunglasses with thick sides."

A



THE PRODUCT DEVELOPER SAYS:

"To treat the lines and fend off further damage, the most effective over-the-counter ingredients are retinol and peptides, both proven collagen stimulators. Use an eye cream or a serum that contains one

Jim Hammer, director of research and development at Pharmasol Corporation in South Easton, MA

of these—their formulas work better around the eyes than a face cream. If retinol irritates your skin, go with a peptide product." (Try First

Aid Beauty Detox Eye Roller, \$24.) You can also make crow's-feet look immediately better by following with a skin product that has argireline (also called acetyl hexapeptide-3), Hammer says: "When dabbed on the area, it has a Botox-like effect that relaxes the crinkles temporarily." We like Kinerase Restructure Firming Eye Cream, \$59.

A



THE MAKEUP ARTIST SAYS:

"Crow's-feet are less obvious on moisturized skin, so start by patting on an eye cream—but be sure it isn't oily, otherwise any makeup applied on top will disappear. Follow with a primer containing silica or

Troy Surratt, a celebrity makeup artist who works with Adele

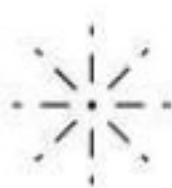
silicone, which fills in lines so your skin looks smoother. Then, apply under-eye con-

cealer, because when that area is bright, crow's-feet are less noticeable. But skip it at your eyes' outer corners, where it'll settle into the lines." Instead, Surratt likes to dab Yves Saint Laurent Touche Éclat, a liquid highlighter, on top of crow's-feet: "It reflects light to make the lines seem softer." To further deflect attention, focus on making your eyes look more open by curling your top lashes, then brushing mascara on both the top and bottom ones.

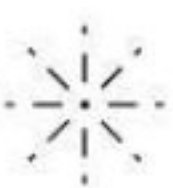
LINE ERASERS



A 30-gram tube of Tazorac, \$200, will last four to five months (if applied only on crow's-feet).



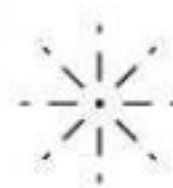
Tory Burch sunglasses, \$149.



20 readers will win: Roc Multi Correxion Eye Treatment, \$24.99, which contains retinol.



Yves Saint Laurent Touche Éclat, \$40.



5 readers will win: Sephora Collection Eyelash Curler in Rose Quartz, \$16.



new

A WHOLE NEW IDEA IN SKINCARE

INSTANT PERFECTION ALL-IN-ONE MIRACLE

BEFORE

AFTER



INTENSE
HYDRATION
WITH
VITAMIN C

LIGHTWEIGHT
MINERAL
PIGMENTS

1 APPLICATION
5 INSTANT
RESULTS

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- hydrates
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FINALLY IN... LOVE



Meet three real women from the RealBeauty.com community who have struggled to maintain a healthy relationship with their anti-dandruff shampoo. With help from **Suave Professionals® Stylist Jenny Cho** and new **Suave® Scalp Solutions**, these women discover new styles they never considered before, and finally fall in love with an anti-dandruff solution that gives them beautiful-looking hair!



CLARKE

MARKETING REP

"I'm always on the go, but don't want to sacrifice my style. I needed an anti-dandruff shampoo that gets the job done quickly!"

CHO: With a flake-fighting formula she can rely on, **Suave® Scalp Solutions Ocean Minerals & Aloe 2-in-1** fits perfectly into Clarke's fast-paced lifestyle. She can easily pull her hair back into a sleek ponytail with a deep side part, then tackle the day with confidence and style.



LEXI

ACTRESS

"My old anti-dandruff shampoo worked, but my long strands were always so dry."

CHO: Lexi was using a shampoo to keep dandruff at bay, but it wasn't giving her the moisture she needs. **Suave® Scalp Solutions Invigorating Mint & Eucalyptus** provides Lexi with effective anti-dandruff ingredients and hair that is revitalized. Now she can take her little black dress from rehearsal to red carpet without the fear of flakes.



JOHANE

REGISTERED NURSE

"I needed to fight flakes without my hair smelling like chemicals."

CHO: Johane tried **Suave® Scalp Solutions Nourishing Coconut & Shea Butter** to address her dry scalp issue and leave her hair smelling incredible. Then we pumped up Johane's volume with sweet-smelling waves she can wear day or night.



Visit RealBeauty.com/Suave to **win a makeover from Jenny Cho in Los Angeles!**

No purchase necessary to enter or win. Suave Scalp Solutions Sweepstakes sponsored by Hearst Communications, Inc. Beginning March 16, 2012, at 12:01am (ET) and ending May 31, 2012, at 11:59pm (ET) enter online at www.RealBeauty.com/Suave. Prize (1): 3-day, 2-night trip to Los Angeles including airfare and hotel to receive a makeover by Jenny Cho (TOTAL ARV \$2,500). Prize (2): Set of Suave Scalp Solutions Shampoo and Conditioner (TOTAL ARV \$6). Odds of winning depend on the number of eligible entries received. Offered only in the 50 United States or District of Columbia ("U.S.") to residents of the U.S. 18 years or older. Void where prohibited by law. Sweepstakes is subject to complete official rules available at www.RealBeauty.com/Suave.



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FOR THE SCENT
OF A DANDRUFF
SHAMPOO

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CONDITIONERS *by*



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It's more than a delicious meal –
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HEALTHY YOU GUY KIDS

STAY-WELL NEWS FOR YOU AND EVERYONE YOU LOVE

What to eat for a healthy smile

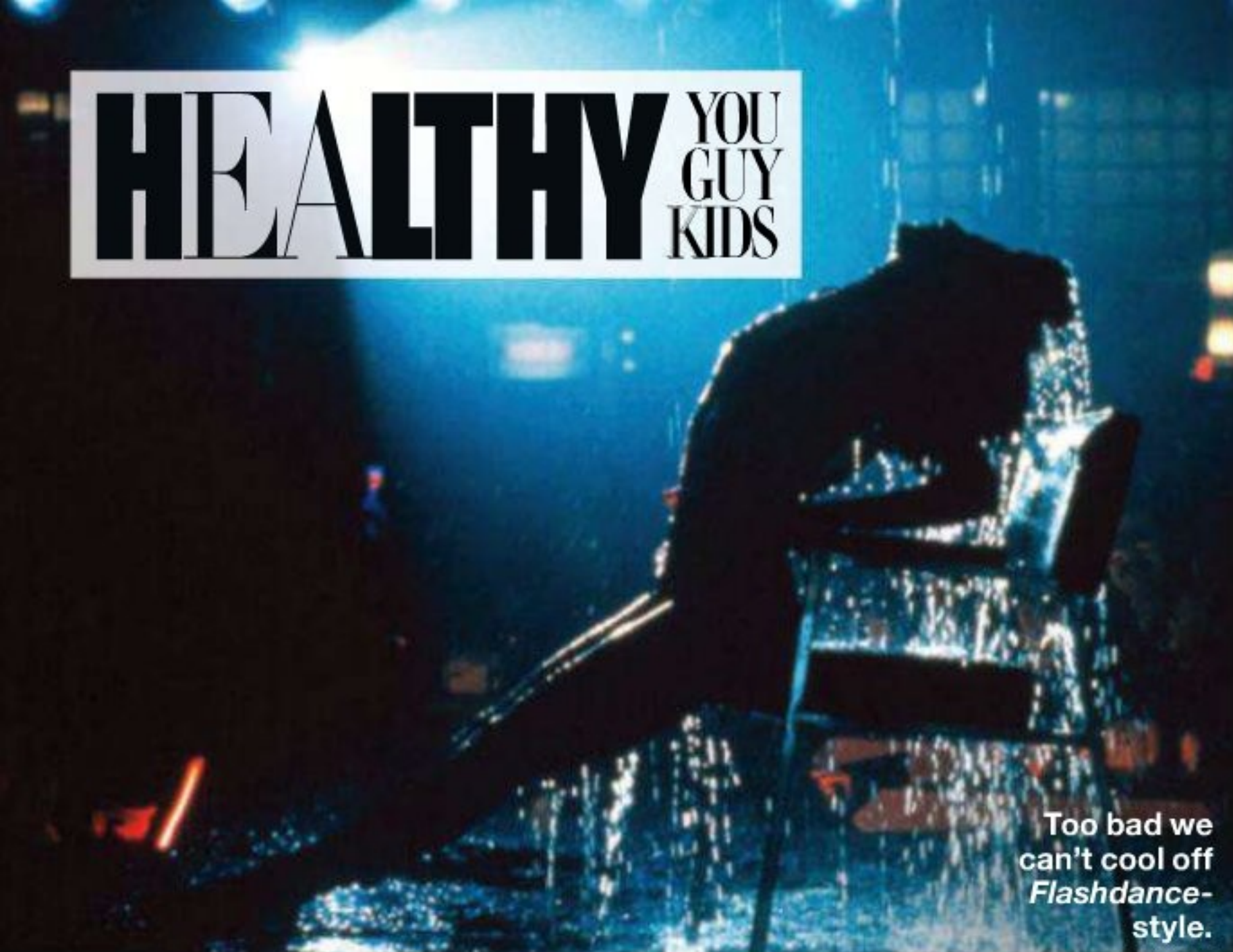
YOGURT A major cause of bad breath, plaque, and gum disease is a buildup of bacteria. But research has found that 6 ounces of plain, sugar-free yogurt a day might help knock out germs between teeth. “The good bacteria in yogurt may help fight bad ones in your mouth,” says Christine D. Wu, Ph.D., a professor of pediatric dentistry at the University of Illinois at Chicago College of Dentistry. It even works for toothbrush-averse kids: Those who eat yogurt four or more times a week tend to get fewer cavities, according to one study. To sweeten the plain kind, stir in some honey, which also contains compounds that inhibit bacteria.

FISH Add a healthy mouth to the long list of reasons to get more seafood into your diet. Harvard scientists have linked the omega-3 fatty acids in fish with lower rates of gum disease. Their theory? Omega-3 fats may dial down

the inflammation (read: redness and swelling) that occurs when bacteria irritates gums.

FRUITS AND VEGGIES Fiber-rich apples, celery, and carrots stimulate saliva, which contains antimicrobials that fight bacteria, says Timothy Chase, a cosmetic dentist in New York City. Plus, chewing crunchy foods helps massage and improve circulation in your gums, Wu says. And grab an orange or a grapefruit: Other research suggests that vitamin C may help keep gums healthy.

CHEESE Like milk, cheese is a good source of calcium and vitamin D, nutrients important for building strong teeth. There’s even evidence that munching on some cheddar, gouda, or mozzarella could help neutralize the acids that strip away tooth enamel, and that means pearlier whites. So yes, you’ll have the cheese plate. —NICCI MICCO



Too bad we can't cool off *Flashdance*-style.

Sweat much?

If your inner sprinkler seems to be set to "random," these tips can help you out with...

...HAPPY-HOUR SWEATS

Alcohol dilates your blood vessels, causing your skin to heat up, and for some of us, that means we sweat. If you can relate, drink ice water before you imbibe, says Ava Shamban, M.D., a Beverly Hills, CA-based dermatologist and the author of *Heal Your Skin*. The H₂O helps cool your internal furnace—an effect that can last 30 minutes.

...NIGHT SWEATS Hormonal fluctuations due to perimenopause or just your regular cycle could be to blame for your soaked sheets. Some women get relief from dietary strategies,

such as getting more soy in the form of edamame, tofu, or soy milk. You could also talk with your doctor about medications, like hormonal birth control, if the problem is severe. Oh, and wear layers, so you can strip them off as you sweat.

...DEODORANT-RESISTANT B.O.

Everyone gets smelly sometimes, but if a combination deodorant/antiperspirant isn't helping you (or your stinky guy), try applying a moisture-wicking powder like Zeasorb over it. Another weapon: Wash underarms once a day with a face cleanser that contains benzoyl peroxide (like Oxy 5) to kill B.O.-causing bacteria.

—KAREN ASP

A sneaky allergy trigger—in your house!

This time of year, you'd think the great pollen-y outdoors would be the biggest cause of allergies. But there may be a secret trigger lurking inside your home. Many air fresheners release airborne chemicals that can lead to breathing difficulty, headaches, and other respiratory problems, says a study from the *Journal of Environmental Health*. More than 30 percent of people, and 37 percent of asthma sufferers, experience irritation when they're exposed to scented products. Culprits can include plug-ins, sprays, and scented candles; even all-natural, organic, and soy-based room fresheners can emit the chemicals, says allergist Paul Ehrlich, M.D.: "When my patients remove these products from their homes, they almost always start breathing better." Instead, try some Eau de Nature: fresh-cut flowers. Or just crack a window—things are finally blooming out there! —BLAKE MILLER

A DOCTOR'S PLEA

PARENTS: PLEASE GET YOUR KIDS VACCINATED

"You'd expect *kids* to cry about getting poked with a vaccine, but sometimes no one resists more than parents. Headlines that exaggerate, or outright fabricate, the risks—*Vaccines cause mental retardation! autism!*'—don't help. A new report found that in eight states, more than one in 20 public-school kindergarteners aren't getting all the required shots. I had to consider the facts when it was time to immunize my own kids: Serious reactions to vaccines, like neurological damage, can happen, but they are incredibly rare. For each dose of vaccine a child gets, the risk is about 1 in 100,000. But the likelihood of a child's landing in the hospital with a vaccine-preventable illness is far greater: about 1 in 600. If you're worried, ask your pediatrician to identify whether your child may be more likely to have a bad reaction because of your family health history. The vaccines required are safe, and critical for your child's health."



Jim Sears, M.D., is a board-certified pediatrician and a cohost of the syndicated health talk show *The Doctors*. Check local listings for showtimes.

Say "sneeze"



10 readers will win a natural room freshener: a bouquet from 1-800-FLOWERS.com worth \$50. To enter, go to redbookmag.com/freebies. See [page 174](#) for details.

Find more issues at magazinesdownload.com

A Farewell to **CAN'T**

This goodbye does not make me sad. I will not miss you. I have discovered what it feels like to do the unthinkable. The hard. The long. The challenging. You have no business here anymore. From now on, difficult will seem doable. I will see the impossible as simply not-yet-conquered. Farewell, Can't. You will haunt me never again. Hello, Can. Welcome to my world.



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Oh, the female anatomy. When you really can't figure out what's going on down there, let ob/gyn Hilda Hutcherson, M.D., explain.

Hilda Hutcherson, M.D., is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.



Q *I think of IUDs as scary birth control from the '70s, but my pals rave about theirs. What's the deal?*

A I understand your worry. Decades ago, one intrauterine device (IUD) called the Dalkon Shield was suspected of causing sepsis, pelvic inflammatory disease, and infertility; it went off the market in 1974. But the ones available today, Mirena and ParaGard, are not only safe, they're the most effective reversible contraceptive, with a success rate of nearly 100 percent. Here's how they work: Your doctor slides the IUD into your uterus through the cervix; once it's in place, it inhibits sperm and eggs' ability to fertilize or implant. You can leave an IUD in for five to 10 years, so if you've got a bad habit of missing the Pill, talk to your ob/gyn about making the switch.

CASE HISTORY

SHE LITERALLY COULDN'T HAVE SEX

I recently had a newlywed patient and her hubby come to see me because they'd been married for six months and still hadn't had sex. A careful exam confirmed what I'd suspected: that she had a condition called vaginismus. Any time an attempt at penetration is made, the muscles surrounding the vaginal opening spasm, making intercourse difficult and painful. Some gynecologists see the problem as one of simply "needing to

relax," but it's often a real, physical issue and needs treatment. First I taught my patient to do Kegel exercises, so she could practice tightening and—key word—*relaxing* the pelvic-floor muscles. And I prescribed vaginal dilators, which helped her body get used to the sensation of penetration, until she was ready for intercourse. I also referred her to a sex therapist. After three months, the couple was happy to report that sex was a success!



Q *I'm pregnant, and considering scheduling a C-section. It seems so much more convenient. What do you think?*

A Here are just a few reasons women have given me for wanting to schedule a C-section, rather than let nature take its course: "We need to work around my husband's business trip," "I don't want my vagina to stretch," and my favorite, "I'd like my baby to be a Libra." Women think that surgery will be easy and that the only sign they delivered a baby will be a tiny scar even the smallest bikini can hide. Since 1996, the cesarean rate has soared a whopping 56 percent. Doctors order them when they're needed, but 2.5 percent happen at the *mom's* request. What many women don't realize is that a C-section is a major surgery, and with that comes the risk of infections, anesthesia complications, blood clots, and worse. There may also be problems with future pregnancies. These risks are small, but why take them? I can tell you as a mom of four that motherhood will be filled with lots of naturally occurring inconveniences—not only the due date. But it's well worth it.

FROM TOP: COURTESY OF THE SUBJECT, TURBO/CORBIS.


Take Our Daughters And Sons To Work[®]



On April 26, 2012, the **Take Our Daughters And Sons To Work[®] Foundation** will lead workplaces across the nation in celebrating the 20 year anniversary of Take Our Daughters And Sons To Work[®] Day. By participating in the Day over the past 20 years, millions of girls and boys have learned about the workplace, themselves, and their future options and have become empowered to use that knowledge in all parts of their lives. This year and in future years, help us continue to enrich the lives of all of America's daughters and sons by taking to your workplace your children and other children such as grandchildren, neighbors' children, and children from the community. Change a child's future by providing a way for them to participate.

If you want to organize a Take Our Daughters And Sons To Work[®] Day at your workplace, visit www.DaughtersAndSonsToWork.org or call **800-676-7780** to learn more.



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LAZY WOMAN'S FITNESS



THE BETTER-THAN-NOTHING WORKOUT

GET SEXY LEGS (AT YOUR DESK)

Ever feel fused to your office chair? Then get with some deskercise, woman! This easy but effective move from fitness expert Tracey Mallett, creator of the *Get Your Body Back* and *Booty Barre Workout* DVDs, firms your thighs.

A. Sit up straight in a chair, with your feet flat and hands holding the sides of your seat for support, as shown.

B. Lift your left foot off the floor, keeping your knee bent, as shown, then lower your foot back down. Repeat 10 times. Then lift your foot off the floor again and hold; pulse the leg quickly up and down for 10 counts, keeping your foot off the ground the whole time. Switch legs and repeat.

This workout is silly—but effective!

Hula hoops as fitness equipment? Yes! A recent study by the American Council on Exercise found that a half hour of hula hooping was just as intense a workout as a boot-camp class or cardio kickboxing. Buy a grown-up hoop online for about \$20, or just snag your kids' run-of-the-mill plastic one.


—PERRI O. BLUMBERG



10 readers will win a TravelHoop and DVD from Hoopnotica worth \$49.99. To enter, go to redbookmag.com/freebies. See page 174 for details.

WHO NEEDS A GYM MEMBERSHIP?

Getting a million-dollar body doesn't always require a trainer—or even fancy gear. Steal an idea from these three very-fit Hollywood types.

STAR	EXERCISE	BENEFITS	INSIDER TIP
 Lauren Graham	 Road biking	It's great for toning your lower body—less thigh jiggle—and also strengthens your abs since you have to contract your core to balance on the bike.	Adjust the saddle so your knees are just slightly bent on the down pedal push, says Michelle Lovitt, Graham's trainer in Los Angeles.
 Poppy Montgomery	 Flow-style yoga	This type of yoga not only melts fat, it also improves flexibility and posture and keeps you centered, says Valerie Waters, Montgomery's fitness trainer.	Try a DVD like <i>Yoga Transformation, Weight Loss and Balance With Deepak Chopra and Tara Stiles</i> . Aim to do it two or three times a week.
 Mary Louise Parker	 Hiking	Sexy legs—hip to toe. "Hiking tones the glutes and hamstrings on the uphill and the quadriceps on the downhill," says Lovitt, who is also Parker's trainer.	No hills nearby? Boost the fat-burning potential of any walk with intervals: Stroll for three minutes, then speed-walk for one to three minutes and repeat. —KAREN ASP

LEIGHTON MEESTER & BONE MARROW RECIPIENT KERRI

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PHOTOGRAPHED BY ALEXI LUBOMIRSKI

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WEDDING DRESS CHALLENGE



Don't you dare take my carbs away!

Weight loss for carb lovers

The biggest diet demons, from chips to chow mein, are carbs. Use our tricks to cut down *sanely*—and join REDBOOK's Wedding Dress Challenge now to get your bride body back.

Calories matter most when you're trying to shed pounds, but carbs are a close second. Still, there's no need to go all Atkins, toting around a wheel of cheese and a slab of sirloin, says registered dietitian Stephanie Middleberg. Carbs are essential for energy—plus, what's life if you can never eat pasta again? Different strategies work for different people, so pick the mini plan here that *you're* most likely to stick with.

Option 1: Eat carbs, don't drink 'em.

What do orange juice, a vodka tonic, and root beer have in common? They're all pure carbs, and they each have 100 calories or more. One of the simplest ways to lose weight is to swap sugary beverages for water or other carb-free drinks, like plain coffee.

Option 2: Eat only the *right* carbs.

Foods made with white flour—like muffins, white pasta, and doughnuts—are digested

quickly, which can lead to a spike in blood sugar and make you hungrier. Plus, "you hold more water if you eat a lot of simple carbs, and get that puffy look," Middleberg says. Choose complex carbs instead, like brown rice, beans, and whole grains. They contain much more fiber, the magic ingredient that foils over-eating by making you feel full.

Option 3: Follow the 2-3-3 rule. People tend to overeat carbs more than anything else, so counting servings will naturally keep calories under control, Middleberg says. Aim for no more than two servings a day of grains (a serving is $\frac{1}{2}$ cup of rice or noodles, or two slices of bread), up to three servings of fruit, and no more than three 8-ounce servings of dairy. You'll get faster results if you go for healthier grains, as in Option 2, but even if you don't, this plan will help you slim down. As for desserts? Something small, once a week!

Option 4: Go caveman. Our ancestors survived without dinner rolls, and they were a lot slimmer. Adherents to the Paleolithic-type diet eschew anything that wouldn't have been on a caveman's table, including bread and pasta. You eat lots of veggies, fruits, beans, nuts, and fish. Experts tell us that a "paleo" plan—which you can find in books or on thepaleodiet.com—can be healthy if done right, but it's extreme for most. If you're thinking about this or any other drastic diet changes, check with a pro first. —BETSY STEPHENS



She's lost 12 pounds!

Heather Bennett, 38, weighed 138 pounds when she got married. But thanks to a love of pasta and some leftover baby weight, she hit 168 in 2011. Now she's slimming down (fast!) with REDBOOK: "I've lost 12 pounds—no doubt because I'm curbing my carbs," she says. "I come from a big Italian family. But now I'll have pasta once a week instead of every night." Meet 12 other women who are losing their post-wedding weight—and join REDBOOK's Wedding Dress Challenge yourself!—at redbookmag.com/wdc.

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Health mistakes doctors see you making

They're watching. You can't spot them, but they spot you. Health experts are everywhere. In the car next to you while you scarf down a Sausage McMuffin and Diet Coke in morning traffic. At a nearby table while you sneeze your way through dinner. In the house across the street when you finally turn out the lights at 2 a.m. Most of them have too much tact to intervene when they spy us making a health goof, but they're breaking their silence right here.

By Jessica Baumgardner



“FOR PETE’S SAKE, COVER YOUR MOUTH”

I was on an eight-hour flight to France and was sitting behind a woman who started sneezing and coughing as soon as we took off. It was nonstop throughout the trip—and she wasn't covering her mouth when she did it! At the very least, sick people should direct their sneeze or cough into a folded handkerchief or a heavy-duty napkin or tissue. I wished I had brought my face mask with me; I usually bring one on planes to use if I see people being cavalier about coughing. Of course, three days after we landed, I got sick, and it ruined half of my week in Paris. —MICROBIOLOGIST

PHILIP TIerno, PH.D., AUTHOR OF *THE SECRET LIFE OF GERMS*



“Time to lay off the sugar, sweetie”

This morning I was at a coffee shop and saw a woman chatting with the salespeople about how she wants to lose weight, so she's cutting back. Then she hands over her huge reusable cup and orders a nonfat vanilla latte and a vanilla scone! Nonfat or not, that is buttloads of sugar—she'll crash and be starving again in minutes. I wanted to shake her and say, 'What are you doing? Why don't you just start your day with a milkshake and a doughnut?' If you want to lose weight, or even just maintain, you should limit sugar at breakfast and have something fiber-rich like whole grains, plus protein like egg whites or zero-percent Greek yogurt. That will keep you full and set you up for a healthy day. —THE

BIGGEST LOSER NUTRITIONIST RACHEL BELLER, R.D., PRESIDENT OF THE BELLER NUTRITIONAL INSTITUTE IN BEVERLY HILLS, CA

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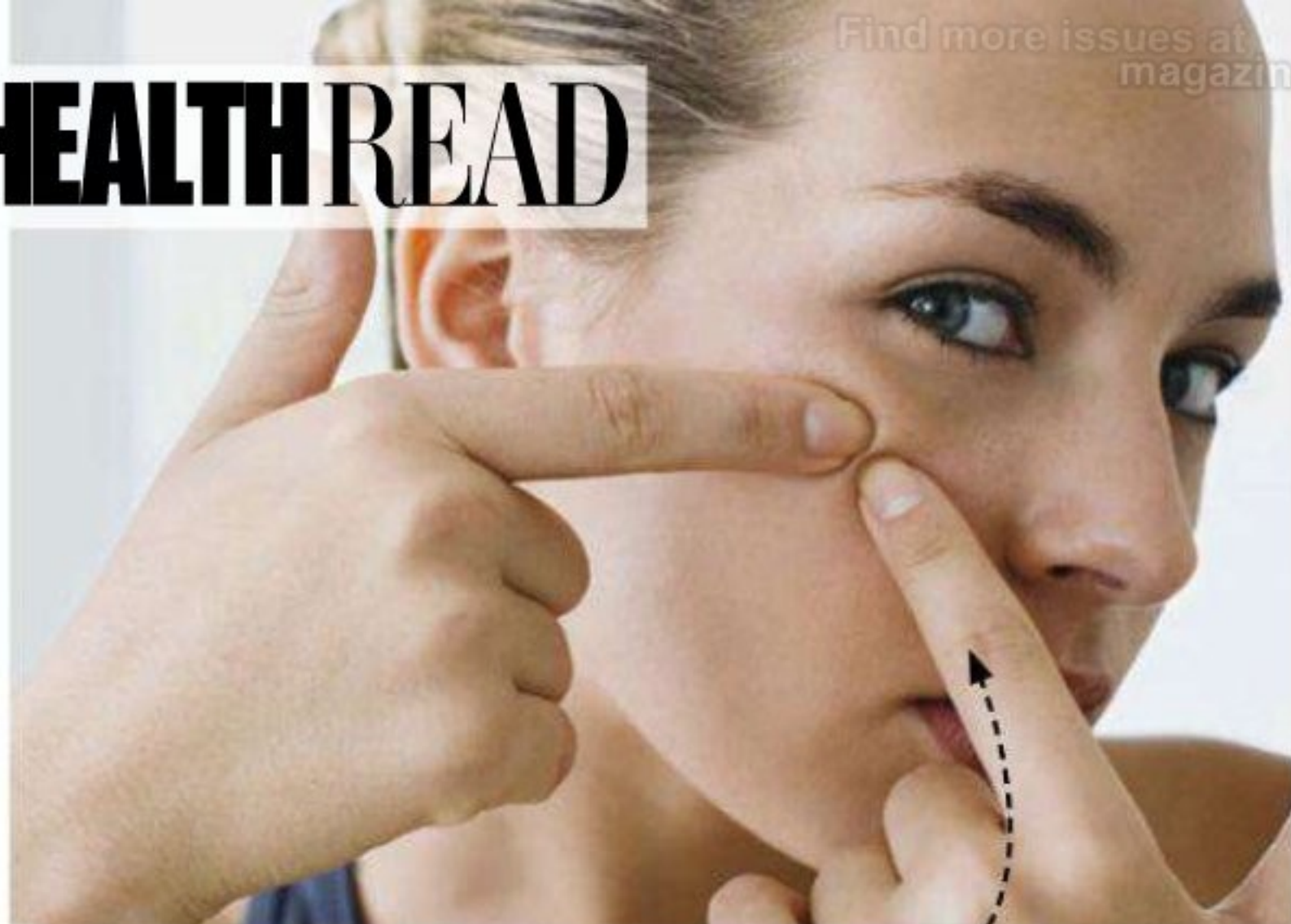
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HEALTH READ



“STOP PICKING AT YOUR SKIN”

I see pickers everywhere I go—people who scrape at dead skin or blemishes as a nervous habit. It’s a little addiction that can easily leave scars! I’m concerned about dirty fingers; our hands have staph and strep bacteria on them, not to mention salt and sweat that can irritate your skin. Also, picking inflames acne, which makes you more likely to have to pop that same blemish again. It’s a vicious cycle. One time I saw a woman who was picking at her chapped lips. She was talking to someone, and whenever she concentrated, she would scratch at them. I could see she was bleeding a little bit and already had a rippled lip line from scarring, so I actually said to her, ‘Wow, you have such beautiful lips—try not to touch them, because you’ll get scars!’ She said, ‘I know, I know, I’ve been trying to stop this forever.’ So I suggested that she wear really beautiful lipstick. If you see red or some color on your fingers, you’ll realize what you’re doing. Picking is such an unconscious thing, so you’ve got to find a way to bring it to your attention. —ELLEN MARMUR, M.D., VICE CHAIR OF COSMETIC & SURGICAL DERMATOLOGY AT MOUNT SINAI MEDICAL CENTER IN NEW YORK CITY AND AUTHOR OF *SIMPLE SKIN BEAUTY*

“DON’T WASTE YOUR MONEY ON THOSE DIET PILLS”

“When I see women picking up ‘fat flush’ supplements at the drug or grocery store, I really wish I could warn them. Any weight you lose is mostly water from the diuretics in these products, and you’ll just gain it back. In the meantime, you’re stressing out the ‘garbagemen’ of your body, your liver and kidneys, which help eliminate substances that aren’t good for you. Take the money you’re throwing away on those products and use it to schedule a visit with a nutritionist. He or she can help you come up with a healthy diet plan instead.

—GUNNAR PETERSON, CELEBRITY FITNESS TRAINER WHO HAS WORKED WITH KIM KARDASHIAN AND SOFIA VERGARA



“Take the stairs, would ya?”

It drives me nuts when I see people waiting around to take the elevator to the second floor of a building

when clearly they can just walk up the stairs. Stair-climbing is good aerobic exercise that uses larger muscle groups and increases your heart rate. It all adds up for your heart.

—NIECA GOLDBERG, M.D., MEDICAL DIRECTOR OF THE JOAN H. TISCH CENTER FOR WOMEN’S HEALTH AT NYU LANGONE MEDICAL CENTER AND AUTHOR OF *DR. NIECA GOLDBERG’S COMPLETE GUIDE TO WOMEN’S HEALTH*



“Maybe it’s time for a new bra”

News flash: Breasts are heavy! It’s extremely important to wear a properly fitted and supportive bra all the time. Otherwise, stress and straining on the musculoskeletal system can lead to back and neck pain, poor posture, and strangely, even headaches in some women. Larger-breasted women are at a higher risk, but I’ve seen this become an issue even for some smaller-chested ladies. Hit a specialty shop or even your local Victoria’s Secret for a free bra fitting. —MICHELLE BARBER, A CHIROPRACTOR IN DAVENPORT, IA

CLOCKWISE FROM TOP LEFT: IMAGE SOURCE/GETTY IMAGES (2), KEVIN SWEENEY/STUDIO D.

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“LEAVE THE DOUCHE BOX ON THE SHELF!”

“Douching is a big mistake women still make. The U.S. Department of Health and Human Services estimates that up to 40 percent of women do it regularly. Some douche before seeing me, thinking that they should be fresh as a daisy for their gynecologist, but doing it actually decreases the sensitivity of the Pap smear. Plus, douching increases your chances of bacterial vaginosis and yeast infections by disrupting the balance of your natural bacteria. Your vagina is a self-cleaning oven with its own little ecosystem—don’t disrupt it!

—OB/GYN HOPE RICCIOTTI, M.D., AUTHOR OF *THE REAL LIFE BODY BOOK*

“Put down the granola and nobody gets fat”

As a dietitian, I obviously look in other people’s grocery carts, and when I see women buying granola, I always wonder if they know the truth. Sure, it’s a mix of grains and nuts rich in nutrients and fiber, but it also packs much more fat, sugar, and calories per ounce than many other breakfast cereals. A ¼ cup of granola, for instance, is equal to ¾ cup of bran flakes or Cheerios. A cart full of ‘diet’ food stops me too. I recently saw a woman

buying a ton of fat-free stuff like fat-free mayo, fat-free salad dressing, and fat-free cheese, and I thought, *Yuck!* If you love the taste of mayonnaise on a turkey sandwich, go for the real thing and just use less. You’ll be much more satisfied. Some fat-free products aren’t even that much lower in calories, because makers often add sugar to replace the fat. —REGISTERED DIETITIAN CAROLYN O’NEIL, AUTHOR OF *THE DISH ON EATING HEALTHY AND BEING FABULOUS!*

Shopping for some back pain today, lady?



“Make it a decaf, okay?”

Whenever I see someone ordering a caffeinated coffee after dinner, I just

know it’s a disaster waiting to happen. Studies have shown that people with caffeine in their system at bedtime never fall into restorative deep sleep and stay stuck in the light sleep stages. Always cut off coffee after 2 p.m. —MICHAEL BREUS, PH.D., AUTHOR OF

THE SLEEP DOCTOR’S DIET PLAN

“THOSE SHOES? REALLY?”

I constantly notice women wearing shoes that are completely inappropriate for the activity they’re doing, like high heels for walking miles through the airport or flip-flops to pound the hard pavement, not to stroll on a beach. No shoe is a complete no-no—you can wear heels if you’re going somewhere where you’ll sit down a lot, and flip-flops are fine for softer surfaces. One shoe that we’ll be seeing a lot this spring is rubber rain boots. They’re cute, but most of them offer nothing in the way of support; you’re meant to wear them for quick jaunts through the puddles, not as all-day shoes. So if you plan to wear them often, get an orthotic arch support and replace the regular insole with it. Your feet—and knees and hips and back—will thank you. —PODIATRIST CHERRI S. CHOATE, ASSISTANT PROFESSOR AT THE CALIFORNIA SCHOOL OF PODIATRIC MEDICINE AT SAMUEL MERRITT UNIVERSITY IN OAKLAND, CA



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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

TELL THE TRUTH:

What have you stopped doing since you got together?

This couple has clearly stopped worrying about morning breath.

"We've cut back on dinners out. In the beginning, it was all about going on nice dates, but now we cook at home and use the money we save to take more vacations. It pays off!"
—SHAUN TALLON, 27, in a relationship with FAITH for 5 years



"I don't wear expensive lingerie anymore. One day he told me he couldn't care less about it, because it just ends up on the floor!" —RITA MCKEOWN, 50, married to SEAN for 20 years

"I'm a little bit messier now. I used to be the neat one, but she's rubbed off on me. It also shows how relaxed we are together." —JAVVAD AHMAD, 28, married to NADIFA for 1 year



"We've stopped pretending. I don't act like I have an interest in jogging, and he doesn't act like he cares which color I paint the bathroom. It's such a happy, comfortable place to be together." —TONYA MONNOT, 41, married to DAVE for 17 years

"I quit smoking. I knew I had to do it for myself or it wouldn't stick, but having her in my life gave me the push I needed."
—THEODORE VALORIA, 34, in a relationship with KAREN for 6 months



Couple twofer:
bonding with a
side of caffeine.

IS THERE AN INFIDELITY CURE?

Yes, says psychotherapist M. Gary Neuman, who interviewed more than 500 faithful and cheating people for his book *Connect to Love*. Those who were least likely to stray do these four things:

- **Spend at least 30 minutes with your partner daily.** "It didn't matter if it was just sitting on the couch watching TV," says Neuman. "That's the minimum uninterrupted time the happiest couples spent together."
- **Play cheerleader.** "Over and over, men who had cheated said they felt they could never win. So don't only speak up when your mate does something wrong. Voice your appreciation of little things, and he'll feel like a champion."
- **Get yourself heard.** "The big complaint of unfaithful women was that their husbands didn't listen. Men are less skilled at that, so tell him, 'I need five minutes for you to listen, no advice.' He'll focus on you, not on solving the problem."
- **Really deal with your anger.** "The least successful couples often argued until they ran out of gas; then the same issues would come up again in two weeks. The most successful couples also argued, but they made sure to figure out a tangible way to avoid the same problem next time."

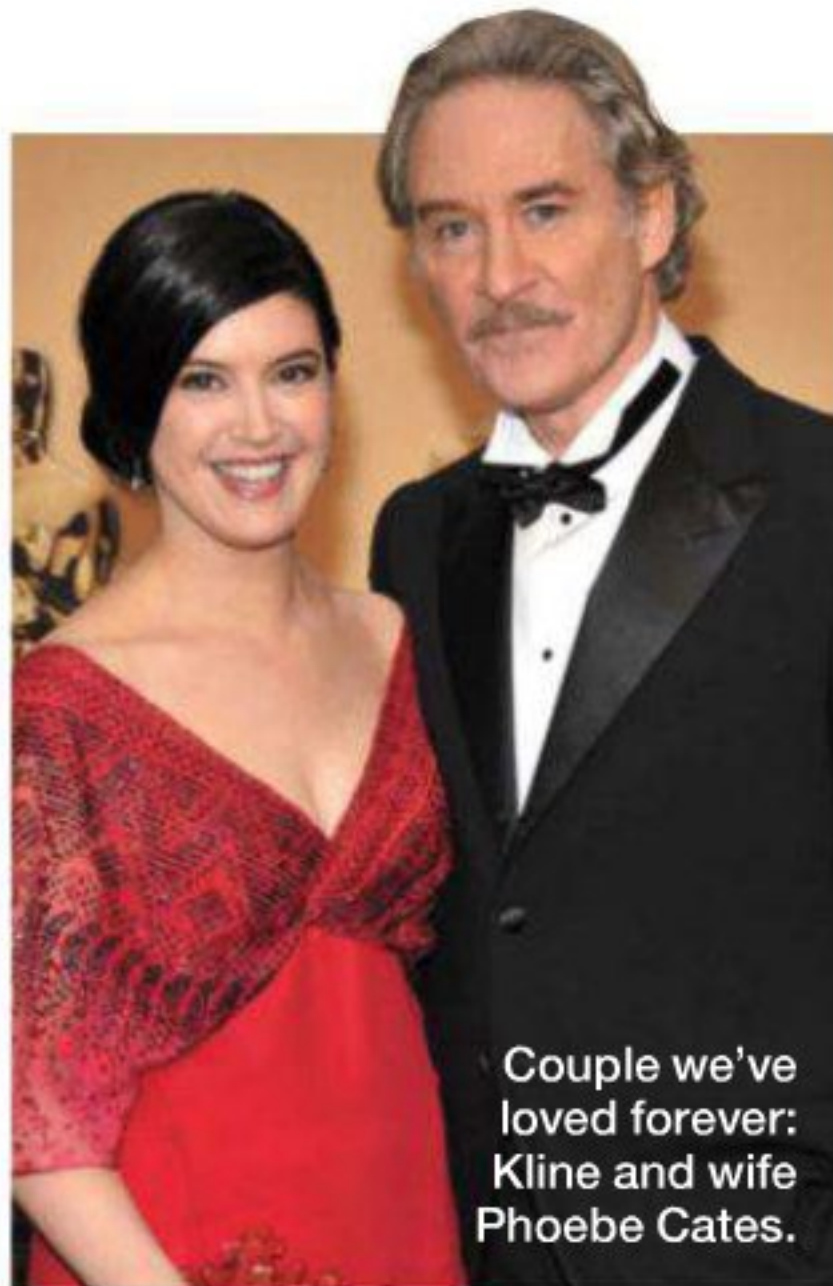
SOUND BITE

Secret of a lasting (Hollywood) marriage

Kevin Kline stole our hearts as a devoted husband in *The Big Chill*. This month he does it again in *Darling Companion* (from the same writer/director). How does the star keep Phoebe Cates, his real wife of 23 years, happy?

I played the perfect husband in *The Big Chill*, but I found him sort of dull. The guys I've played since are way less perfect and a little more neurotic—kind of like me.

But if I've learned anything, it's that you don't have to be perfect if you have a sense of humor. Without that, my and Phoebe's relationship would be pretty drab."



Couple we've
loved forever:
Kline and wife
Phoebe Cates.

Sex life road test

A BETTER SEX APP

These couples tried out a sex-coaching app from iTunes. So what did they learn from a month's worth of intimacy lessons and saucy assignments?

Couple #1: A.H. and J.H., Union, KY

We have a 9-year-old and twin 2-year-olds, so we don't get as much bedroom time as we'd like. This was fun because it encouraged us to focus on our sex life for a little while (sometimes longer!) every single day. There were a few exercises that we weren't into—one had us practice kissing, which just felt ridiculous. We already know how to kiss! But our favorite challenge was to have sex outside the bedroom. We picked a night when it was unseasonably warm and took some blankets onto our back deck. It was late enough that anyone who could have seen was probably in bed, but it was still a rush to have sex in plain view of the neighbors' houses.

Steam factor: Red hot 🔥

Couple #2: J.M. and J.D., New Orleans

We're both very organized and like schedules, so having an assignment didn't feel awkward, and it was actually a nice reason to try some new things. The app encouraged us to experiment with positions we had never even thought of before—and some of them have become a regular part of our repertoire! One of the best suggestions was to have shower sex; it felt so good to connect in the morning. Even though it was planned, it made us *feel* spontaneous. Mixing it up broke us out of a rut we hadn't even realized we were in.

Steam factor: Smoking 🔥



5 readers will win a Booty Parlor gift set—which includes body fondue, a massage candle, a sexy game, and pretty ruffled boy shorts—worth \$122. To enter, go to redbookmag.com/freebies. See page 174 for details.

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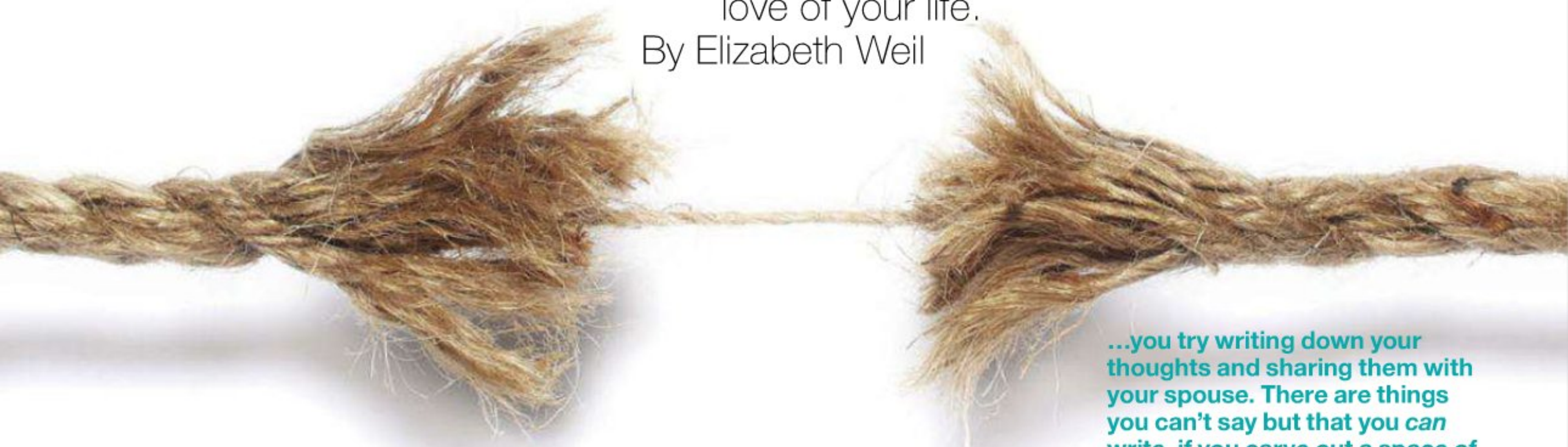
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Don't even think about divorcing until...

...you've listened to 13 extraordinary people who believe in doing whatever it takes to sustain the biggest love of your life.

By Elizabeth Weil



There you are, trucking along in your life, your marriage. Maybe you're six months out from the altar, or two years, or 12, or 20. Your husband is unaccountably late coming home from work again. Or he's distant or cranky again. Or, as in my case, he leaves his rancid gym clothes on the clean bedspread again. Or he butchers an entire pig in your kitchen again (yes! He's taken the whole know-where-your-meat-comes-from thing to the extreme). And you think, no matter how happy or in love you felt just yesterday, *Good grief, wouldn't all this be easier without YOU?* Marriage is long and hard. It's no picnic, yet at times it feels like a joke: Millions of us are trying to move—and grow, and breathe—while shackled to another person, as if in a three-legged race. Wouldn't it be easier to div—?

And yet, the D-word. It's so dire. No person stays committed forever without at least contemplating life solo, but do you really want to amputate your sometimes better half? Here, a panel of wise authors, therapists, artists, lawyers, and scientists makes the case for sticking it out. Even if your union is rosy right now, consider this required reading. Use it to appreciate, nurture, and take a mental snapshot of what you have. Some day you may find yourself (or a dear friend) on the brink, and you'll want the best tools possible to help you remember what's at stake and salvage what you've got. With that in mind, don't even think about divorcing until...

...you try writing down your thoughts and sharing them with your spouse. There are things you can't say but that you *can* write, if you carve out a space of solitude and give yourself time to reflect. Your spouse might be able to hear you for the first time too, because writing takes you out of the realm of combat. You can elicit what's behind the anger. Often, it's sadness. —JANE

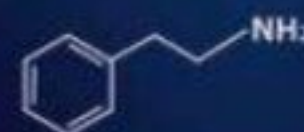
MCCAFFERTY, AUTHOR OF THE NOVEL *FIRST YOU TRY EVERYTHING*, ABOUT A DIVORCING COUPLE, AND RECIPIENT OF TWO PUSHCART PRIZES

...you compare the cost of good marital therapy, and meaningful (even extravagant) investments in your marriage, to the price tag of divorce. Just one meeting with an attorney could buy you and your spouse a weekend at a nice spa. One month's legal bills could buy you a full course of couples therapy and countless date nights. If you're juggling work and parenthood, you might be able to save your marriage just by devoting the resources you'd put toward divorce toward staying together instead.

—ELISABETH J. LAMOTTE, COUPLES THERAPIST IN WASHINGTON, DC

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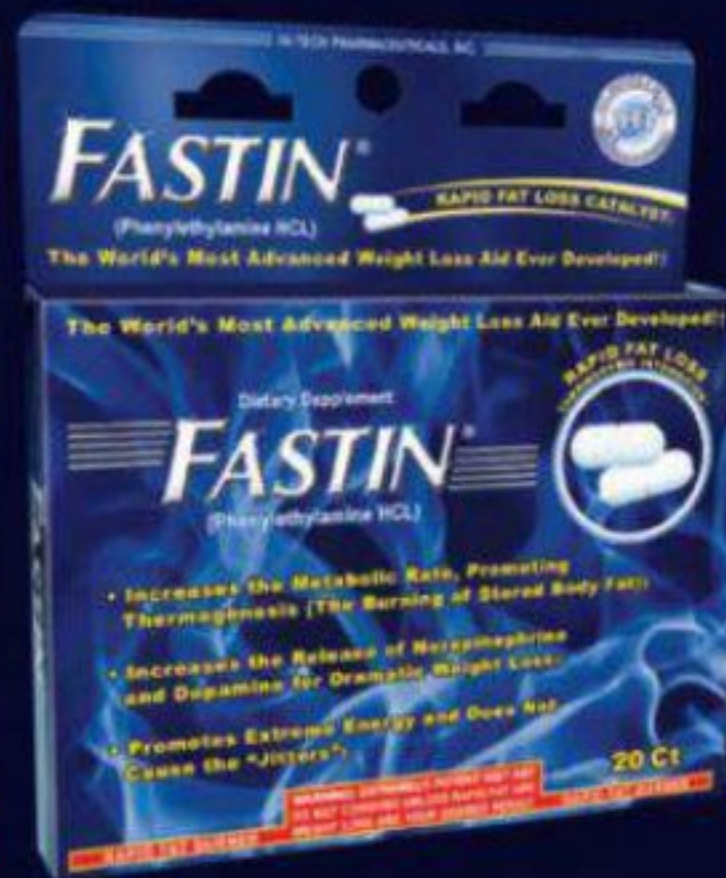
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...you've done enough honest self-examination to find out why you want to divorce in the first place. Because you would never want to take on something as monumental as a divorce unless you're going to change and grow from it. So ask yourself: "How did I get myself into this situation? Why did I pick this person to marry? What did I do to create terrible communication or anger or deadness?" Until you're willing to look at that, you'll just end one situation and pick up right where you left off in the next. Even if there is no next marriage, you'll re-create the dynamic in relationships at work, or in friendships, or with your children. Most marriages aren't black-and-white. Almost always, when things deteriorate, both people have contributed mightily to the demise.

—ELIZABETH LESSER, COFOUNDER OF THE OMEGA INSTITUTE FOR HOLISTIC STUDIES IN RHINEBECK, NY, AND AUTHOR OF *BROKEN OPEN: HOW DIFFICULT TIMES CAN HELP US GROW*

...you can vividly imagine your partner kissing somebody else, and you don't care. We've evolved three distinct brain systems for mating and reproduction. One is the sex drive. The second is romantic love. The third is deep feelings of attachment. Before you divorce, you need to be at the point where you feel no sexual interest in your partner, no feelings of romantic love at any time, and no deep attachment. You really don't? Then you're free. —HELEN FISHER, PH.D., BIOLOGICAL ANTHROPOLOGIST AT RUTGERS UNIVERSITY

...you let go of the fantasy

that you're going to find someone who's perfect in all the ways your husband is not. People think they're going to find whatever is missing in their marriage. But with divorce, you trade off one set of problems for another. Imagine seeing your ex at a soccer game flirting with another woman. Imagine how that would feel. Because if you get divorced, people are going to be setting your husband up with women—appealing women who will find him fascinating. I'm not saying you should stay with someone if there are real problems. But if you're just sort of feeling like, "Well, I don't know. He doesn't inspire me. He's not interested in my book club selection....," think again. —LORI GOTTLIEB, AUTHOR OF *MARRY HIM: THE CASE FOR SETTling FOR MR. GOOD ENOUGH*



...you try touching. I've found that a lot of couples stop touching long before they split up. When I suggest it, they go, "But I can't even *talk* to this person!" And I tell them there's no talking required. Just touch in silence. Be quiet. This can mean sitting next to each other so your bodies are touching while you're watching TV. The first time's going to be awkward, so give it a few tries. Then move on to hand-holding. Then a massage—just the hands or feet. Then spooning in bed. Touch increases the hormone oxytocin and makes couples feel closer. It takes away that urge to attack. It helps you remember what attracted you to your partner in the first place. Because you can't tell an angry or disconnected couple to go have sex. Uh-uh. But touching in silence can help you find that little flicker, and then you can try to increase that little flicker, and if you can do that, chances are you'll be able to reconnect emotionally, too. —HILDA HUTCHERSON, M.D., OB/GYN AND PROFESSOR AT COLUMBIA UNIVERSITY AND REDBOOK'S "INTIMATE ANSWERS" COLUMNIST

...you've considered that children often bear the scars and burdens of divorce long after parents have moved on and started over. Short-term damage to children is obvious. But it's when children become adults that you really see the cost: difficulty facing mature relationships of their own, difficulty raising children of their own. In our culture right now, pulling the trigger to divorce, sadly, can be as easy as shopping at the mall. It shouldn't be. —ANDY BACHMAN, RABBI, CONGREGATION BETH ELOHIM, BROOKLYN, NY

...you're clear that you are making an examined, not rash, decision. Some people divorce in a state of intense reactivity—for example, on the heels of being betrayed, lied to, or cheated on. When you're hurt and angry and upset, and in shock, you're in your reptilian brain. You're in fight-flight mode. Better to wait until the shock has passed, until you can breathe and contemplate your life. —ESTHER PEREL, AUTHOR OF *MATING IN CAPTIVITY: UNLOCKING EROTIC INTELLIGENCE*

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Often, temporary hair loss is caused by pregnancy, menopause or stress. For many women, their identity is connected to their hair, which is very important for their confidence.

Mary lost her hair after pregnancy

Six months ago, Mary gave birth to her precious son Matthew. "I felt so happy becoming a mother, but I was worried because I suddenly lost a lot of hair. I was almost bald at the temples and I started to panic. After taking the new Hair Volume tablets, I am grateful that my hair has gained new life and volume."

"When Matthew was 2 months old, I suddenly started to lose a lot of hair. There was hair all over my house. Every time I washed my hair, I would lose a whole handful and my brush was filled with clumps of hair."

I panicked

"In the end I was desperate. I happened to read about the new Hair Volume tablets in a magazine. I bought a course of 3 months at my pharmacy and started the treatment. It was easy, because I only had to take one tablet per day."

Lots of new hair

"I have taken one tablet every day for 3 months now and lots of new hairs are growing back. I have learned that it is normal to lose hair after a pregnancy, but I am very happy that I took it in my own hands to get my hair back."

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JUST YOU TWO



...you stop and realize that your spouse might marry somebody you could have issues with. Are you going to be responsible and grown-up enough to embrace that person? To see them as your family? Because if you have children, you'd better be. Are you sure you're going to be tolerant of someone you've never met, or maybe don't like, being directly involved in your kids' lives? Listen, I have a wonderful second marriage and a great relationship with my ex and his wife, but it's a very serious thing to get divorced. You need to be flexible, open-minded, and full of goodwill if you're going to do things right relative to your kids. And you need to be all of those things immediately, when you're hurting. Because being angry or mad or bitchy about your ex-husband or his new wife, your kids' stepmother, is doing them no favors. Now, when my ex-husband comes to see the children, he stays in our house and my husband and I leave—because that's what's best for the kids. That's called tolerance. A lot of people say, "Oh, my God, I could never do that." But how could you be in my situation and *not* do that? The minute you break up your family, you need to start repairing it, and you have to bend over backward to do it. In divorce, you have to be even better at compromise and change than in marriage. And it's better for the kids if you do it with a smile—a real one. —ISABEL GILLIES, ACTRESS AND AUTHOR OF THE DIVORCE MEMOIRS *A YEAR AND SIX SECONDS AND HAPPENS EVERY DAY*

...you consider that,

with the possible exception of permanent disability and long-term imprisonment, there are few financial calamities more devastating than divorce. Both spouses will need retirement savings sufficient to cover a household. People may need therapy. And there's a good chance careers will be damaged because you'll be distracted and may decline promotions or transfers. All these things can limit your financial prospects. —RON LIEBER, "YOUR MONEY" COLUMNIST FOR *THE NEW YORK TIMES*

...you spend the next year treating your spouse as curiously, respectfully, and gratefully as you would a mysterious stranger. Henry Miller once said that a man's friends were his worst enemies because they believed they knew who he was—and they limited him to it. How much truer this is for spouses! We think we know our partner's deepest identity. But if we spent half the effort courting him as we might an exotic-accented stranger, he'd likely prove twice as grateful and at least as interesting. —CRISTINA NEHRING, AUTHOR OF *A VINDICATION OF LOVE: RECLAIMING ROMANCE FOR THE 21ST CENTURY*

...you have dealt with the fact that your marriage has concealed a whole host of your personal defects from public view, and everyone prowling around the single kingdom today has X-ray glasses. —LIZ PHAIR, MUSICIAN AND WRITER OF "DIVORCE SONG"

...you've left no stone unturned. Before you end something, you need to make sure you can walk away saying, "We did everything we could do." I'm divorced, but my ex-husband and I, we're family. We're soul mates. We're best friends. I think it takes as much work to have a happy divorce as it takes to have a happy marriage. You have to be respectful of the other person and what they're going through. You have to be insightful about your own issues, what you may be projecting onto that person. You have to stop making everything about how *you* feel. Before you think about getting divorced, you need to step outside yourself. Gain some distance. Establish a level of respect. Then work like hell at figuring out who you two were meant to be to each other. Maybe it's not a married couple. But obviously, your paths crossed; you developed feeling. Now find the shelf where it best fits. —FRAN DRESCHER, CO-CREATOR AND STAR OF THE TV LAND SITCOM *HAPPILY DIVORCED*



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Kiefer Sutherland takes it down a notch

Think the former *24* star is all high-octane kicks? Guess again. Kiefer's embracing life in the slow lane.



Canadian smolder... it exists!

KIEFER AT A GLANCE

His idol:



HIS DAD, DONALD

"I didn't know what a prolific actor he was until I was 18."

Weekly exercise:



HOCKEY

"I'm a Canadian to the marrow. I play to remind me of where I'm from."

Favorite band:



QUEEN

"Brian May is just an extraordinary guitar player."

On your new TV show, *Touch*, you play a father who seems 180 degrees from *24*'s Jack Bauer. What drew you to the part?
Martin has a special-needs child, and he's desperate to be a good dad. I was moved by his journey.

You have a daughter, Sarah, who's 24. Can you relate to Martin as a parent?
I was 20 when my daughter was born, and making all these plans during my wife's pregnancy. I was going to be the perfect father. Once she was born, it was suddenly, "Oh, my God! I'm a parent!" Martin is dealing with that on a more extreme level. But everyone feels inadequate as parents.

Tell me about your relationship with Sarah.
We've always been really good at communicating. Probably because I was so young when I had her, I didn't talk down to her as a child. So we've had a very even relationship.

She teases you for not being tech-savvy...
She'll go, "Dad, can you help me with this computer?" then wait a beat and say, "Oh, that's right. *You can't.*" I'm not a computer person. On *24*, when I had to have the requisite skills, there were people who helped me fake it really well.

You've also been married twice—almost three times. What have you learned about women?
I think the most difficult thing is to have an intimate relationship. I was married to my first

wife for 10 years, and we're still great friends. She already had a child, and then we had Sarah, and we raised two daughters together. My second wife had two beautiful sons before I met her, but I was going farther and farther away for work. It was painful, and it didn't work out. Distance can be incredibly frustrating.

What qualities in women most attract you?
I'd say confidence, and I seem to be attracted to people who are into painting and music, or at least an appreciation of those things. And strength is also something I'm drawn to.

You still make the papers after a wild night out. Are you partying, or just misunderstood?
I'm not walking around feeling misunderstood. Some days I'm in better control and can navigate my way through stuff, and other days, not so much.

Last year you starred on Broadway with Jason Patric in *That Championship Season*. He famously ran off with Julia Roberts on the day you were supposed to marry her. Does that mean all is forgiven?
Yes. Jason and I are great friends. It was an absolute joy to be in this play with him, that his father wrote and won a Pulitzer Prize for.

And soon you start production on the *24* movie. How will it feel to be Jack Bauer again?
Like going home to a long-lost friend. —MARISA FOX

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Why the heck do men laugh at that?

Guys crack up at the grossest, stupidest, most immature stuff. Aaron Traister, a proud connoisseur of slapstick and other manly yuk yuks, explains.



REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/whysguy.

You would be amazed at how many of my hilarious jokes get cut out of every “Whys Guy” column. Each month, I’m shocked to discover which of my bon mots (that’s French, y’all!) won’t quite work for my mostly female audience, according to my red-pen-wielding editors. To be fair, my comedic repertoire skews toward the trucker/prison-inmate demographic, but plenty of women have laughed at my jokes, and

they couldn’t *all* have been humoring me. That must mean that some of you appreciate a good hairy--on-a-pizza joke. To settle this debate, I thought I’d give you a quick taste of the kinds of humor that my editors keep from you. My hope is that you will flood REDBOOK’s offices with letters demanding more swollen jokes. Or, if not, that you will at least gain a deeper appreciation for the jokes your guy tells that you wish *you* could edit.

Physical comedy: From the Three Stooges to *Jackass*, watching people unintentionally (or very intentionally) injure themselves or their friends and relations is high comedy. If balls are involved, it’s even more amusing. A woman I know can’t understand why her husband’s guy friends crack up every time her 4-year-old son punches his father in the crotch and yells, “I got him!” That simple act is the reason *America’s Funniest Home Videos* has been on TV since 1862. Now, personally, I would be very angry if my son kept punching me in the nuts. But as long as it’s not my son or my nuts, I’m perfectly willing to have good laugh at the other guy’s expense, because I’ve been there, and I’m just delighted that it’s not me writhing around on the ground pleading with a higher power to make the aching stop.

Sexual humor: Guys are really insecure about sex, so we compensate by joking about it. Whether it’s stories of ED, mid-coital flatulence, or terrible timing, men find comfort in making fun of themselves. The website Deadspin has a popular feature called “Great Moments in Drunken Hookup Failure,” where mostly male readers vent their most embarrassing sexual misfires. It’s cathartic and seems to take the humiliation down a notch. I often wonder: If I had told the world about the time I accidentally took a prescription-strength laxative because I thought it was Viagra, would that have made the experience less emotionally scarring?

Gallows humor: I don’t know if you’ve ever hung out with EMTs, cops, doctors, or soldiers, but the jokes can get pretty dark pretty quickly, and maybe that’s not such



a bad thing. Humor is a defense mechanism that allows those people to do those hard, dangerous jobs. Death, trauma, illness—they touch us all eventually. Some guys just can't begin the healing process (or, in some cases, even comprehend what's happened) until they can laugh about whatever tragedy has taken place. If you can make a joke about something bad, then you can survive that something.

Bathroom humor:

We've tried for centuries to explain why this category is so funny (because going to the bathroom is gross and shocking, and everyone does it and nobody talks about it), but it doesn't work—you ladies aren't coming along for the ride. There is a great scene in Shakespeare's *Two Gentlemen of Verona* where Launce's dog

pees on a woman's skirt and he claims responsibility so the dog won't be punished. It's very funny. (My parents were English teachers.) My point is, if Shakespeare couldn't convince you to laugh at potty humor, what chance do I have?

Ripping on each other: Maybe you think it's weird when guy friends mercilessly make fun of one another. But have you ever watched sweet, cuddly kittens wrestle and nibble on each other's ears and swat at each other's

itty-bitty widdle faces with their sharp but tiny claws? It's adorable, but it's also a valuable developmental tool for the kittens (I'm gittin' scientific, y'all!): Those playful tussles teach them how to hunt and survive. Men are like big ugly kittens. We start swiping at one another early on to develop self-defense and, if necessary, attack skills. If my closest guy friends hadn't been making fun of

my hairy belly, B.O., and hammer toes since junior high, I might have been thrown off my game, or truly hurt, when I was single and a prospective girlfriend shot me down for one of those very traits. As it is, my friends' cruelty, and the cruelty I have revisited on them a thousandfold, protected my self-esteem until I managed to land a wonderful woman

who appreciates a hairy belly.

So now that I've explained why they're so hilarious, don't you guys want more scatological, raunchy jokes about tragedies in your lives? Just think of the fun you and your partner could have bonding over a story about how my friend was on the Megabus to Dover, DE, when he experienced a horrible pain in his REDACTED. Crazy, right? Remember to let REDBOOK know you want more of this kind of humor. ®

too gross!

Don't you ladies want more scatological, raunchy jokes about tragedies in your lives?

Straight answer from the Whys Guy

Dear Whys Guy: How can I convince my husband to get his snoring checked out? At this point, either he sees a doctor or I see a hit man. —Laura, OH

Whenever my wife, Karel, wants me to see a doctor for something annoying, she hints that whatever small thing is bothering her could actually kill me. Whether it's snoring or gassiness or restless legs, if you can subtly convince him that he might die from it, he's much more likely to handle the problem. Start small: Tell him his snoring is a sign of sleep apnea or heavily restricted breathing (true), then subtly suggest that it's caused by severe hypertension (not sure that's true), and then offhandedly add that there's a strong chance his brain will explode if he doesn't get to an expert (definitely not true). Bottom line: It's totally okay to lie to men about their health, as long as it propels them to a doctor once a year.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.



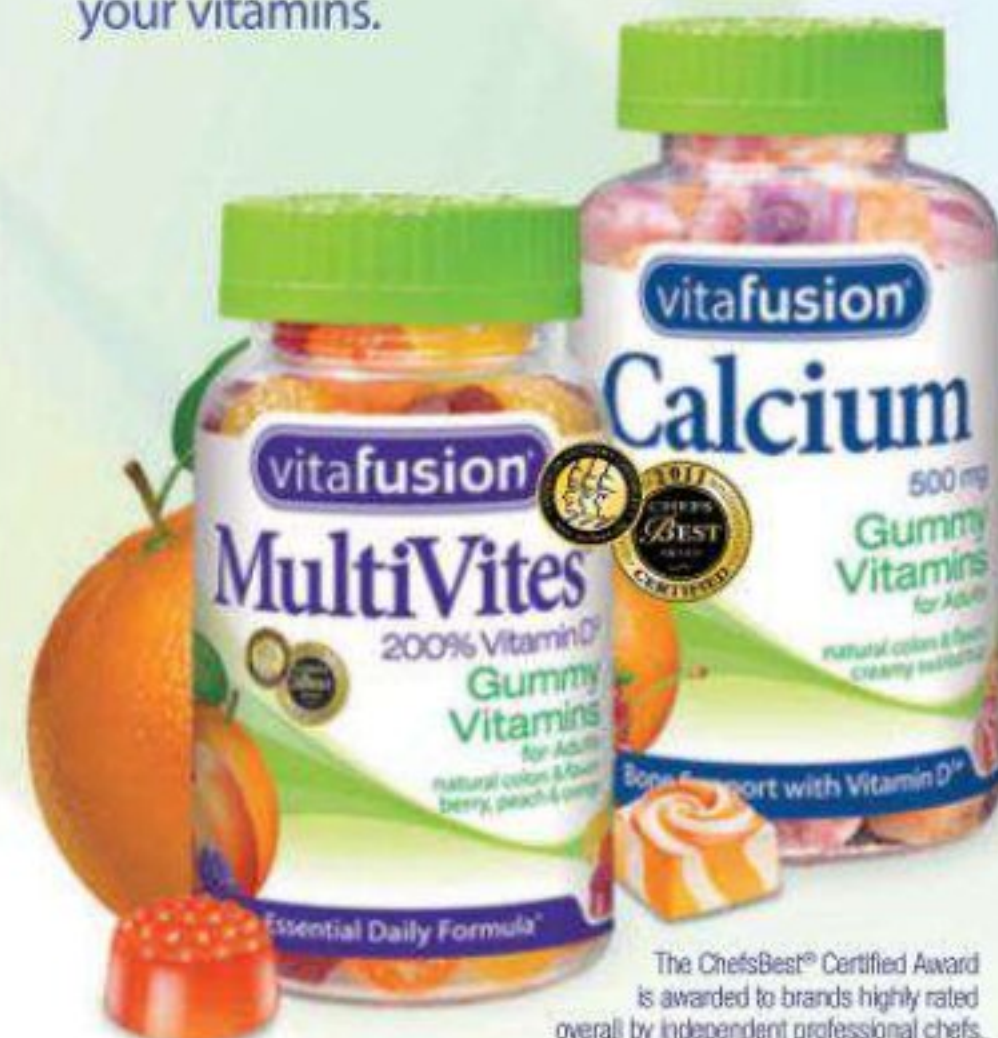
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Advice guru Karen Karbo is a mom, a teacher, and the author of the book *How Georgia Became O'Keefe*.

He's addicted to video games

My 32-year-old husband plays violent video games for two to three hours a day—in front of our 6-year-old son. He curses at the screen and completely tunes me out. He knows I hate it, but he hasn't stopped. How can I get him to understand that this is hurting his family? —B.F., 32, FLORIDA

Oh, boy, I can empathize with you on this one! My guy loves his video games too, and can play *Star Wars: The Old Republic* for 10 hours straight some weekends. I have absolutely no proof of this, but I'd bet that the second most popular argument for young couples, after money, is the husband's love of video games. When it comes to your son, you're absolutely right—no 6-year-old benefits from being exposed to Daddy's brainless swearing or violent, scary games like *Resident Evil*. In the same way your husband wouldn't watch an R-rated movie with your son on his knee, he's got to agree to save the adult content for a time when the kid is asleep. But we all need an outlet. He likes gaming; maybe you prefer an uninterrupted hour of *Downton Abbey*. Instead of forcing him to give up his hobby entirely, sit down with him and make a video-game "budget," in which you both agree on how many hours a week he plays—and when. Then, just like a money budget, you both have to stick with it. That means you let him zone out to his heart's content during his gaming time so that he can give your family his full attention when the Xbox is off.

Mom friends gone wild

All of my women friends from the neighborhood seem to be going through midlife crises. They hit the bars, take pole-dancing classes, have affairs, and are setting all the wrong examples for their tween-aged children. I still get invited to their inappropriate events, and I'm tired of making excuses. Should I tell them that I can't stand their lifestyle? —A.N., 40, CALIFORNIA

If you're tired of making excuses, stop making them. Tell these ladies that bar-hopping and pole-dancing just aren't your thing. If they're merely neighbors and not close friends, they probably won't be that offended. They may be making choices that you wouldn't (at least not now; as life unfolds, we're sometimes surprised to find ourselves doing things we'd never imagined), but you'll feel less upset by their actions if you pull back on the judgment. Isn't all the finger-wagging emotionally exhausting for you? I know you have plenty of better (and happier) things to do—like connecting with some new, like-minded friends.

My mother-in-law is a scavenger!

When my husband works late, his mother helps me get our two young kids fed and to bed. I'd be lost without her help. The problem? She can't keep her hands out of my cooking! She picks over everything before it's ready to be served. I've told her how much it bothers me, but nothing stops her. Please help! —A.S., 37, NORTH CAROLINA

As MIL fights go, this one calls for the kid gloves. You may come from a family where this kind of behavior wasn't the norm, but you're part of a new family now, and if you want to have a relationship with your mother-in-law—as well as keep her invaluable help with your kids—you're going to have to suck it up. Find things for her to do that are *out* of the kitchen until you're ready for her to dig in, like giving the kids baths or helping them with homework. She may pass through and steal a bite, but would you rather kick her out for being a nibbler or have the extra hands? If you want her around, let this little flaw slide.

Do you need life advice?

Send questions about perplexing friends, family, mates, colleagues, and anyone else to karenkarbo@redbookmag.com, and include your initials, age, and state. Letters may be edited for clarity and length.



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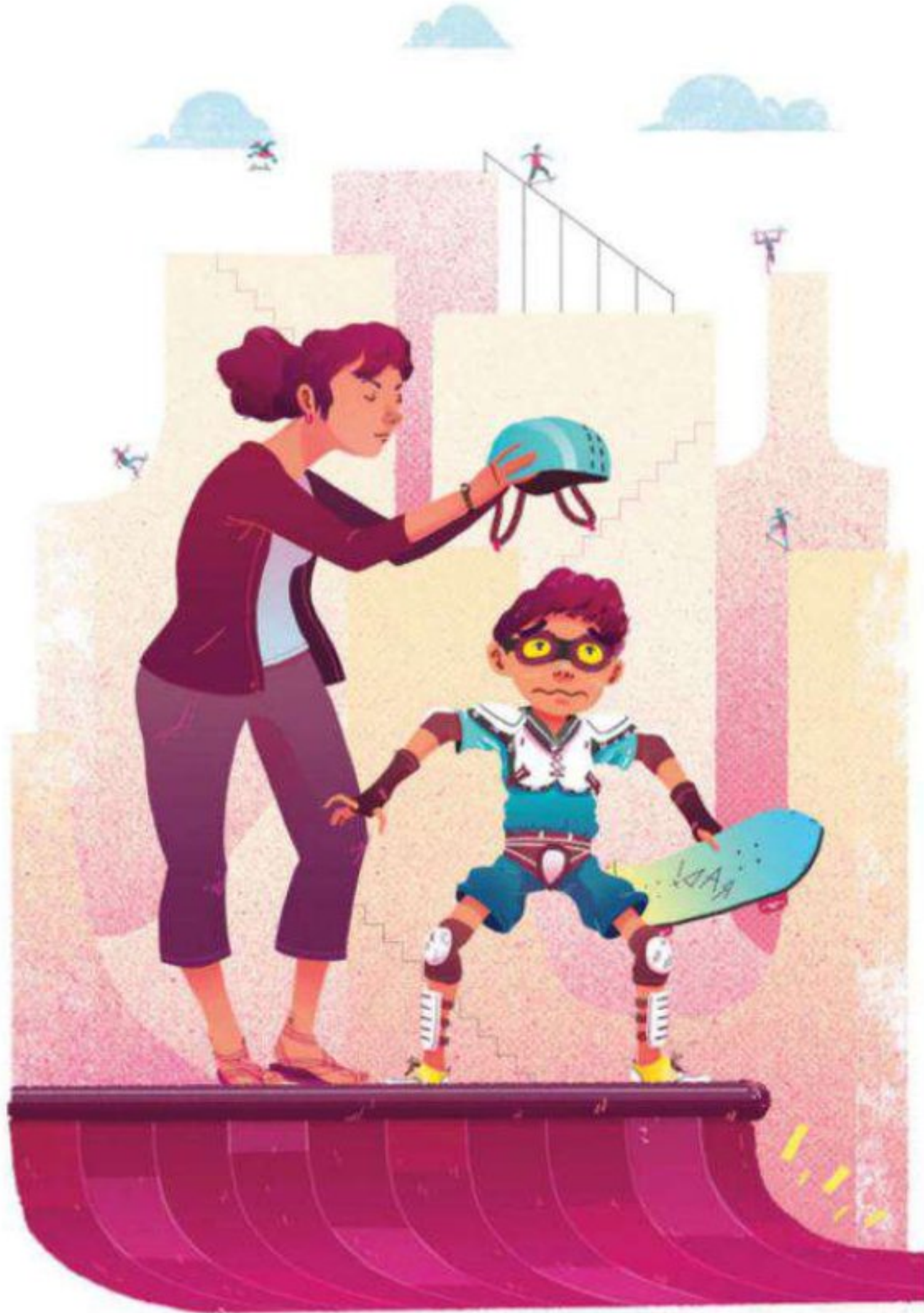


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You can't life-proof your kid

Beloved author Anne Lamott tried to steer her son down the safe road to adulthood... but his GPS had other ideas.

Last Saturday, I asked my 22-year-old son, Sam, “What was the most important thing you taught me, besides unconditional love?”

“The main thing kids teach their parents is how little control the parent has over the kid.”

He should know: He has a 2-year-old son now. He was only 19 when he and his girlfriend had Jax, which was not the path I would have chosen for him. But no one consulted wise, old, adorable me.

I asked, “Are you talking about how little control you have over Jax, or how little control I had over you?”

“Both. And for almost all parents, and almost all kids.”

He is so right. And I hate this so much. All I have wanted to do since I was pregnant was control his every move and outcome. Was that so much to ask? This is any parent’s core wish, unless she is brimming with trust in this world, and there is no one with that description in my house.

My friends and I had the illusion that we were protecting and shaping our kids well after it was clear that the universe had other things in store. When children are small, we put them in little containers, then bigger corrals, to keep them safe. But for some reason, the children eventually find them stifling, usually when they are about 10 months old. One night when Sam was this age, cruising around the kitchen in a walker, he tore over to the just-opened oven door and placed both hands flat upon it. He went from joyful to blistered in a shutter click. We did not need to go to the hospital that night, but it was all downhill from there. Over the years, there would be casts, stitches, bandaged eyes, and Mommy’s frazzled mental health.

Yes, parents have a modicum of influence: We can model integrity, honesty, and kindness, and this makes a difference. But control? Until we are busted, we think if we follow certain paths—pregnancy yoga, organic diets, church—our child will statistically have a better chance at excellent health and happiness. And that may be true—statistically.

Yet two of my best friends have kids with terminal illness, and another has a 40-plus son who suffers from alcoholic dementia. Neither she nor her husband drank.

But Uncle Louie did.

The universe, along with wonder, community, and edification, will bring calamity and harm. This is called Life on Life’s Terms, another thing that does not work for me at all.

So the parent makes plans and schedules, with built-in safety features, but like the old joke goes, if you want to make God laugh, tell Her your plans.

My first harrowing experience of this concept took place in Utah when Sam was 7. The wife of a movie star had arranged for me to give a series of talks in a town near their rural home, and promised to watch Sam during the day at the family’s spread—which included horses, an airplane runway, and the movie star, walking around bored and bitter—while I stayed at a hotel in town. It was spring, and there was a raging river at the far end of the property, which the movie star had redirected as far from the house as possible, for the safety of his own 9-year-old boy.

That makes sense—I would move my damn river too, if I had the time and money. The boys had been warned to stay near the house, far away from the woods and the river. There was also a nanny, and security. ►

STUFF MY KIDS TAUGHT ME

Security. God is my witness.

The boys were inseparable for three days. On the last afternoon, the wife knocked on my hotel door. She stepped in and said, "Everyone is fine." My heart shimmied up to my throat and did the Macarena. She suggested we sit.

The nanny had gone inside to make lunch, and the movie star's son got a good idea, which was to give Sam a ride on the golf cart out to the banks of the river. And so they disappeared for half an hour, until the security detail found them by the river, in the golf cart, with the engine running. Fifteen years later, I remember that wide rushing water carrying big branches away, and it still makes me want to grip my stomach and keen with fear.

That was my first inkling that no matter what I did, things were going to get dicey. Children get bigger and bigger ideas. They hear their own music, want to dance, and believe me, they rarely dance toward you. Sorry, I just haven't known many teenagers who've cried out, "Surround me, Mother, and hold me tight." So a mother can become obsessed with trying to manipulate her child into doing what she believes will protect him.

You try diligently to keep your children from drinking or "experimenting" with drugs. You would think this battle would be more frightening for a parent like me, who struggled through my own 14 years of heavy drinking. But my friends who barely drink were also scared and controlling to the max.

By all means, steer your children away from bad kids with lax nogoodnik parents. Of course it is helpful to keep an eye on them. But will policing them really control their choices and genetics? It will only give you the illusion of this.

Before Sam's first high school dance, I did everything to ensure a good outcome of the evening—arranged rides, talked to the other parents, let him buy a great new shirt. Then, the morning of the dance, I discovered in the garage, covered with a camping tarp, a bootlegger's dream. I poured it all out, one bottle at a time. Yes, he was grounded that weekend, including the dance, and he was very bitter.

I mentioned this to him during our talk. "That was eight years ago," he laughed. "And that was child's play."

I gaped at him. I knew about some of his rebellious behavior over the rest of his adolescence—disappearing once for 24 hours when he was 15, smashing up my car the following year—but child's play? Really?

Sorry,
I just
haven't
known many **teenagers**
who've cried out,
"**Surround** me, Mother,
and hold me tight."

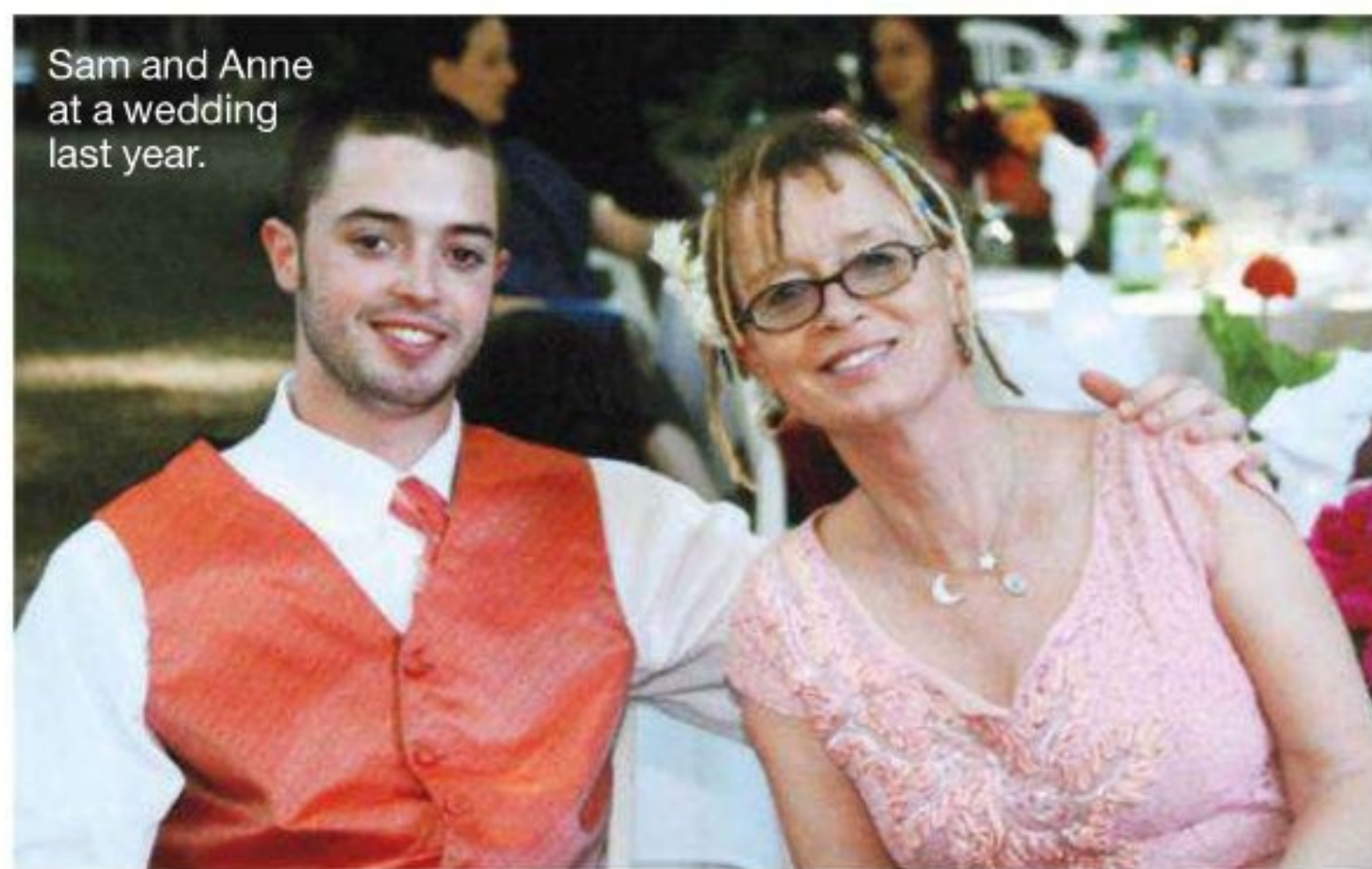
"Tell me everything," I insisted.

"I'll just say, the cage with the tarantula you found in my closet when I was 16 was the last really major secret of mine you discovered."

I literally cradled my head in my hands. "Tell me everything or I won't tell you where your tripod is. Plus, I will hurt the dog."

"I'm not going to, Mom. We came through."

But still I pestered him. He laughed at me nicely, which is the main difference from the worst of his teenage years. Finally, he peered down his nose exactly like my father



Sam and Anne
at a wedding
last year.

used to do before he passed away, as if over the top of a pair of Benjamin Franklin half-frames, with slight but friendly impatience. It was uncanny.


"Mom," Sam said gently. "Stop."

I sighed, the universal sound of parenthood, and invisibly gripped my own wrist to make myself keep quiet. I breathed in recent memories of how deftly he handles Jax, and what a sweet, attentive father he has grown to be, all on his own. We smiled at each other. This business of letting go of our children does not come easy.

While I am much better with a mere 22 years of recovery under my belt, I still get Good Ideas, tiny suggestions as to how he might proceed with college, work, girlfriends, his health, and interior design. I do this knowing that my help is usually unhelpful, and that help is the sunny side of control. The only miracle is that I don't share my Good Ideas quite as often. I catch myself, kindly.

Most of the time. ®

Anne Lamott is the author of seven novels and five nonfiction best-sellers. Her new memoir, cowritten with her son, Sam, is out now.



10 readers will win Lamott's new book, *Some Assembly Required*. To enter, go to redbookmag.com/freebies. See page 174 for details.

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Ana Gasteyer, interviewed by her daughter, Frances, 9



The comedy goddess—currently starring on *Suburgatory*—talks shop with her girl.

Frances: What do you like about playing Sheila on *Suburgatory*?

Ana: I love people who try to keep the world in control—because the world is inherently *not* in control. And in some ways, I aspire to be more like Sheila. I would love to be so perfectly organized.

Frances: Mom, that's not going to happen! Is it hard to be working in Los Angeles while we live in New York?

Ana: It's the hardest part of my job. I get really sad when I board that plane. I especially hate not being here at night. I miss that quiet and together time.

Frances: Did you grow up in a house, like Sheila has on the show?

Ana: Yes, but not in the suburbs. I've always lived in a city. I'm very social, and in a place like New York, even if you're alone on the subway, you never feel lonely. Would you like to live in the suburbs?

Frances: No. Well, maybe. You said if we moved to the suburbs, you'd get us a dog. And I'd like a dog.

Ana: A very good argument for the suburbs.

Frances: Here's a funny question, Mom. You used to make fun of famous people on *Saturday Night Live*, but you told us [Frances and her brother, Ulysses, age 4] never to make fun of anybody.

Ana: I'd like to say that parody is a celebration of a person's specific characteristics, as opposed to mockery. That's what I'd like to say.

Frances: Did you always know you wanted to be an actor?

Ana: Yeah, I did. Do you think you want to act too?

Frances: No, I want to be a wedding coordinator.

Ana: What else are you considering?

Frances: An archeologist, a paleontologist, a doctor, and a vet.

Ana: Hey, if you do your homework, you can do any of those things! —ADAPTED BY MARISA FOX



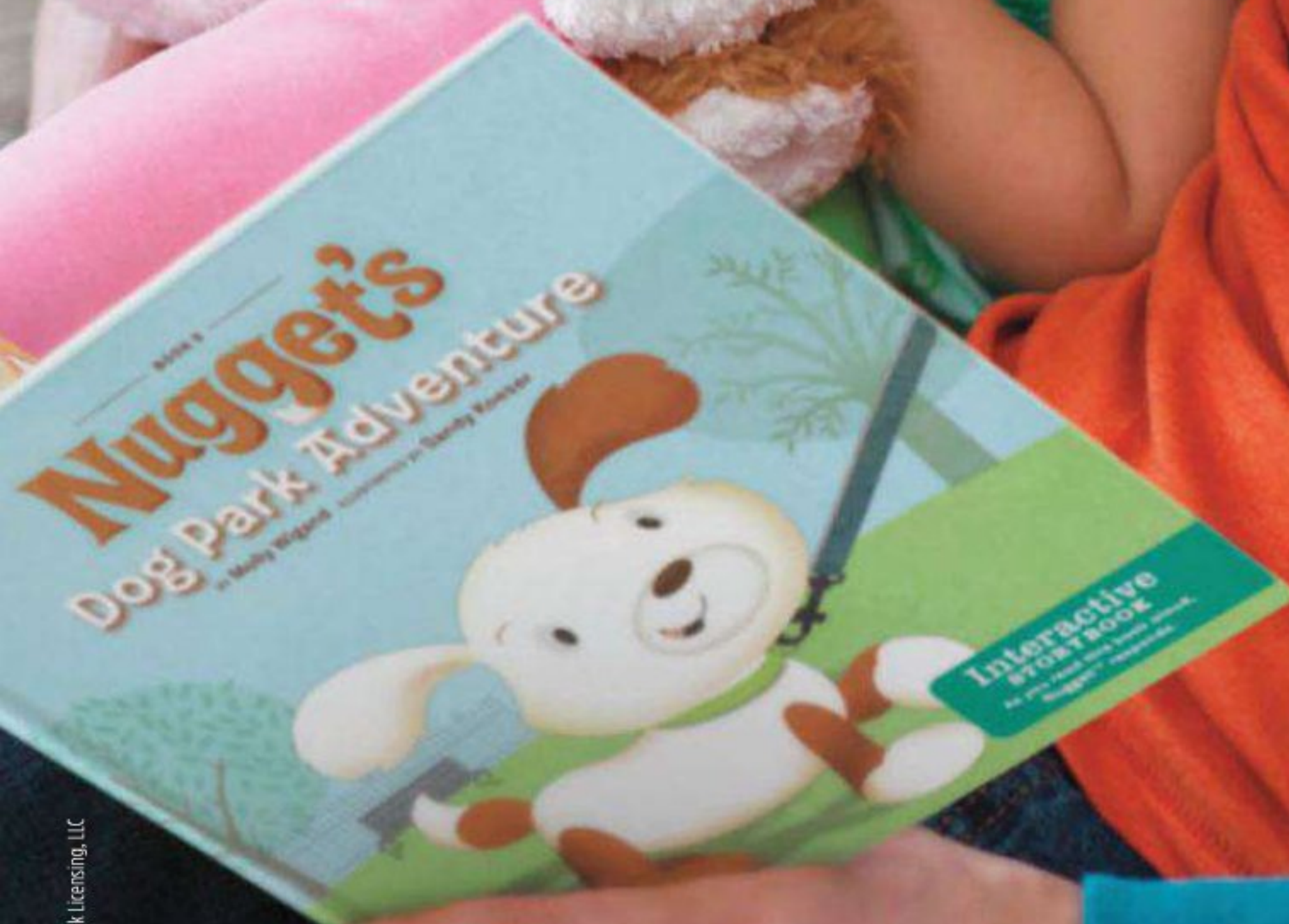
Another thing Ana and Frances bond over? Ben & Jerry's ice cream! So 10 readers will win a case of their favorite flavor, worth \$132. To enter, go to redbookmag.com/freebies. See page 174 for details.



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Yes, kids change everything

The irreverent new movie *Friends With Kids* explores whether there's life—and love, and hotness—after children. We gathered the cast for their take, and *totally* related.

"My biggest parenting fear is: Do I have what it takes to help someone navigate life?" — Jennifer Westfeldt

Ed Burns

Q Before people have kids, they look at parents—screaming at their children in public, or taking them to a fancy restaurant—and declare, "I'll never do that." What were those things for you?

Ed Burns: An epic road trip. I had terrible memories of driving from New York to Ohio from my own childhood. Fortunately, we've never done that. We did have one trip to Lake Tahoe and sat in traffic for four hours....

Jennifer Westfeldt (who also wrote and directed the film): Isn't it more of an effort to take your family on a plane, with security being such a big hassle, and you're dealing with a baby, a stroller, and diaper bags? I thought driving would at least be calmer.

Ed: Not long-distance. The other thing we said is that

we'd take the dogs with us on every trip. But the minute you have your first child, your dog is just a dog again.

Adam Scott: I broke every single one of those rules—

not taking my kids to restaurants, not taking them on airplanes—and I'm self-righteous about it. I shoot dirty looks right back and am ready to throw down with anyone. When you're holding a screaming kid, the last thing you need is some stranger judging you.

Q So you're okay when someone boards a plane with a screaming child?

Adam: I definitely have a newfound sympathy for them, but I still don't want them sitting next to me!

Maya Rudolph: In the old days, I would have been super-bummed to sit near that lady. Now I'm that lady! I try to at least make sure my kid isn't the one kicking the back of your seat. What I don't like is neglectful parenting. I mean, come on! Rein your kids in.

Jon Hamm (Westfeldt's real-life boyfriend): And I'm the one who's like, "Give him to me." Honestly, I used to be a day-care teacher, and I took care of my sisters' kids. I get that it's a drag, not only for the people on the plane but mostly for the parents who are desperate to make it better. That said, there is nothing more annoying than an oblivious mom, chatting on her cell, banging into everything she walks by. That's when I want to say, "Get your face out of your phone and pay attention to your kid!"

Q First off, where were you, Jon, when I was on a plane with my screaming son? Second, I want to hear more about what drives you nuts about your friends with kids.

Jon: Well, it's a reality check for your friendship, because there's not a lot of time in a new parent's life to do anything but take care of that baby. It's harder for women, because girlfriend relationships are so much about communication. Guys can check in every few months and it's cool.

Jennifer: That's true. The hardest thing is when I'm trying to

"I think you can have it all—a sexy adult life and a family life." — Jon Hamm

"Raising kids should make you a more interesting person." — Megan Fox, stepmom to Kassius, 10

Maya Rudolph

Adam Scott

Kristen Wiig

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THESE ACTORS **DON'T**

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This happy scene is about to erupt into a battle of clashing parenting values.

COURTESY OF JOJO WHILDEN.

have a conversation and my friend is obviously distracted, because her primary focus is on her child. As it should be! But it's still frustrating.

Q What about you, parents? What bugs you about your friends who don't have kids?

Ed: When they call at bath- and bedtime. You think they're checking the clock, thinking about your life. Clearly, they are not.

Maya: I'm envious that they can go to a bar and hang out, or just go shopping and be out all day and not feel guilty...

Adam: ...and that they get to sleep in and just pick up and travel whenever they feel like it. But I wouldn't trade my two incredible kids for anything in the world.

Q Yeah, yeah, yeah... To those of you who aren't parents, hearing all this must freak you out a little. What scares you the most about having kids?

Kristen Wiig: That they'll turn into teenagers one day. We all remember what we were like. That scares the crap out of me!

Jon: The vomit. I remember my mom literally standing there with fistfuls of barf because one of us had too much cake and she caught the throw-up in her hands.

Megan Fox: The constant fear of my child being lost, sick, or injured. That would probably drive me into madness. Also, pooping on the hospital table during delivery in front of an audience of nurses, doctors and, most importantly, my husband.

Q So for the guys here who've seen their wives morph from sex object to life source to food group, what did you think of the changes her body went through? Turn-on or turn-off?

Ed: For me, it was amazement more than anything. Christy [Turlington, Burns's wife of eight years] totally embraced the journey. I put on 20 or 25 pounds of sympathy

weight. She lost her weight immediately. It took me four years to drop mine!

Adam: I have seen my wife more tired than any person can be—especially after giving birth. And in those moments, she's the most beautiful woman I have ever seen.

Q That is so sweet, Adam. For the rest of us, looking and feeling hot is a bit more of a challenge, particularly after kids. Can you still be a hot couple after baby?

Ed: Obviously, I think so. But I can't speak for everybody.

Jennifer: When we met Eddie and Christy, I felt as if we had been dropped in this utopian place. One of their daughters was crying, and Eddie unflappingly put out the fire while still conversing and pouring us drinks. They made it look so easy, graceful, and sexy. You watch a scene like that, and you think, *Sign me up*.

Megan: I think if you've had children with the right person, your attraction and appreciation of each other will be as intense as ever, and then some. Having a baby should be an opportunity to fall in love with each other all over again.

Adam: Absolutely. It's another reason to love her. But any relationship takes work.

Kristen: I don't think kids take away any of the sexiness. I know a lot of hot, sexy couples with kids. You can wear high heels and push a stroller—maybe.

Q It can be done. Chasing after kids in the playground, that's a little harder in heels. For you non-parents, did working on this film make you want to go out and procreate, or run the other way?

Kristen: I'm going to pass on that one.

Jon: I'm a big fan of other people's kids. I love playing with them. I love going to birthday parties and eating cake. But I also like going home. —LORI BERGER & MARISA FOX

promotion



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Get past your money fears

...and you'll be able to do so much more with the cash flow you've got. This **customized** financial guide is as good for your mood (worry less!) as it is for your wallet (**save** more).

We polled more than a dozen top financial counselors, and they told us that *fear* is the number one thing keeping women from getting richer. "It's a turbulent time, so being concerned is a good thing, but you don't want to be paralyzed by anxiety," says Solomon

Raphael, a Prudential financial professional in Bethesda, MD. So how do you worry just enough to be motivated but not so much that you're stuck? Take our quiz to see where you sit on the worry scale, then find a happier balance—at the bank *and* in your head. ►

Photographed by Levi Brown

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How much do you worry about money?

Pick the one answer for each question that sounds the most like you.

Do you have a clear idea of where your money goes every month?

- A** Not really. My only goal is to spend as little cash as possible.
- B** Eh, I'm not so good at this. If there's anything left at the end of the month, I'm happy.
- C** Sure, I track my spending so I know how much I'm shelling out and on what.
- D** More or less, but I usually can't afford everything I want, so I end up charging stuff.

Finish this sentence: I'm concerned about **savings**, retirement, and other issues...

- A** ...but I'm too scared to do anything about it.
- B** ...but my money problems always seem to work themselves out, so there's no point losing sleep over it.
- C** ...so I've made a money plan and try to stick to it. That helps a lot.
- D** ...hardly at all. I'm pretty confident that eventually I'll be well-off, whether it's by coming up with a genius idea, getting a fat raise, or even flipping houses when the real estate market recovers a bit.

Your friend chooses a restaurant for a girls'-night-out dinner that's way beyond your **price range**. What do you do?

- A** Bail. I know we rarely get together, but I can't stop thinking about how this one dinner will leave a huge hole in my wallet.
- B** Say yes without checking the prices—and then feel anxious when the check comes.
- C** I'd do a quick Yelp search and find a few cheaper alternatives with happy-hour deals. Half-price margaritas!
- D** Count me in. My motto: Have fun now, think about the bill later.

Life insurance: Buy a **policy** or skip it?

- A** I realize I should have one, but the process is so scarily complicated that I always put off signing up.
- B** I don't even want to consider this! Next question, please...
- C** Sign up—I feel better knowing I've got a policy to cover my family if anything happens to me.
- D** Pass. I'm not dying anytime soon. Plus, I know I'll make plenty of money (or have a spouse who does) so I can leave my kids a nice chunk of change.

Finish this sentence: If I **found** \$250, I'd...

- A** ...put it under my mattress in case things get really bad.
- B** ...toss it in my purse and spend it on whatever. I'd probably run through it and not really be able to tell you what I used it for.
- C** ...check my money goals. If I'm nursing some credit card debt, I'll pay it down. If everything's on track, I'll treat myself to a little luxury like a facial or dinner out.
- D** ...well, I'd start by buying a slew of lottery tickets.

The company you work for just sent you a notice about a change to its **retirement** plan, but the financial lingo is very confusing. What do you do?

- A** I get so many of these types of notices. I'd just add it to the stack of other overwhelming paperwork.
- B** I'll open it, but as long as it doesn't say I'm fired, I'm not going to bother trying to understand it.
- C** I'll get an HR rep to walk me through it.
- D** I'll read it to see if there's any way I can cash some money out now.



What's your biggest financial fear?

- A** I'm flat-out terrified of losing everything I've saved.
- B** Honestly? I can't even tell you. I try not to think about it much.
- C** Outliving my income—that's why I've set up retirement goals.
- D** Not being able to buy the things I want now and later in life.

WHAT YOUR SCORE MEANS

Mostly A's: Paralyzed by fear

You're frightened about going broke, even if you're far from that point. And sometimes you're so concerned about stockpiling money that you miss out on enjoying your life now. "Since these types of people don't like to spend or invest, they often have more money than they realize," says Anne Oestrieher, a CPA and advisory representative for Oestrieher Financial Management Services in Alexandria, LA.

Your plan: First, read all those bills and statements that are piling up! Just knowing what's going on will actually help you relax. Then, do some research to decide the best way to reach your goals by visiting sites like bankrate.com (to get general money advice), reading books like *Get a Financial Life* by REDBOOK's money guru, Beth Kobliner, or working with a financial planner. To figure out how much you'll need for retirement, start by using the calculator at choosetosave.org/ballpark. As for investing in the stock market, go with something that's diversified with low fees; Kobliner recommends putting your cash in index funds, which aren't as risky as individual stocks.

Mostly B's: La la la—not listening!

When you get stressed about money, you'd rather bury your head in the sand than confront your issues. It's why you're

able to stay so chill, but let's face it: You're a little *too* checked out.

"About a third of women fall into this category," Oestrieher says. "Their usual line is, 'I just can't deal with this right now.'" As a result, you're not as proactive about your financial life as you need to be, says Kachina Myers, a New York City-based psychotherapist who specializes in money. Women who fit this type are the least likely to ask for a raise, because they hate having conversations about money. If they're married, she says, they also tend to remain dangerously ignorant about finances, letting their husbands take care of it all.

Your plan: Since you don't like thinking about budgeting and saving, focus on a goal you want rather than the sacrifices needed to get there. What matters to you most: buying your first home? retiring a little early? "I base big purchases I make on how many days of vacation it would buy me in Italy. It's all about trade-offs," says Oestrieher. For easy, hands-off saving, set up automatic transfers to a second account for your emergency fund and paycheck deductions for a 401(k).

Mostly C's: Wise worrier

This is the best place to be. You've got a healthy level of money concern, but it doesn't stop you from taking action. That's why you're most likely to set a realistic monthly budget you can stick to and have a long-term retirement plan.

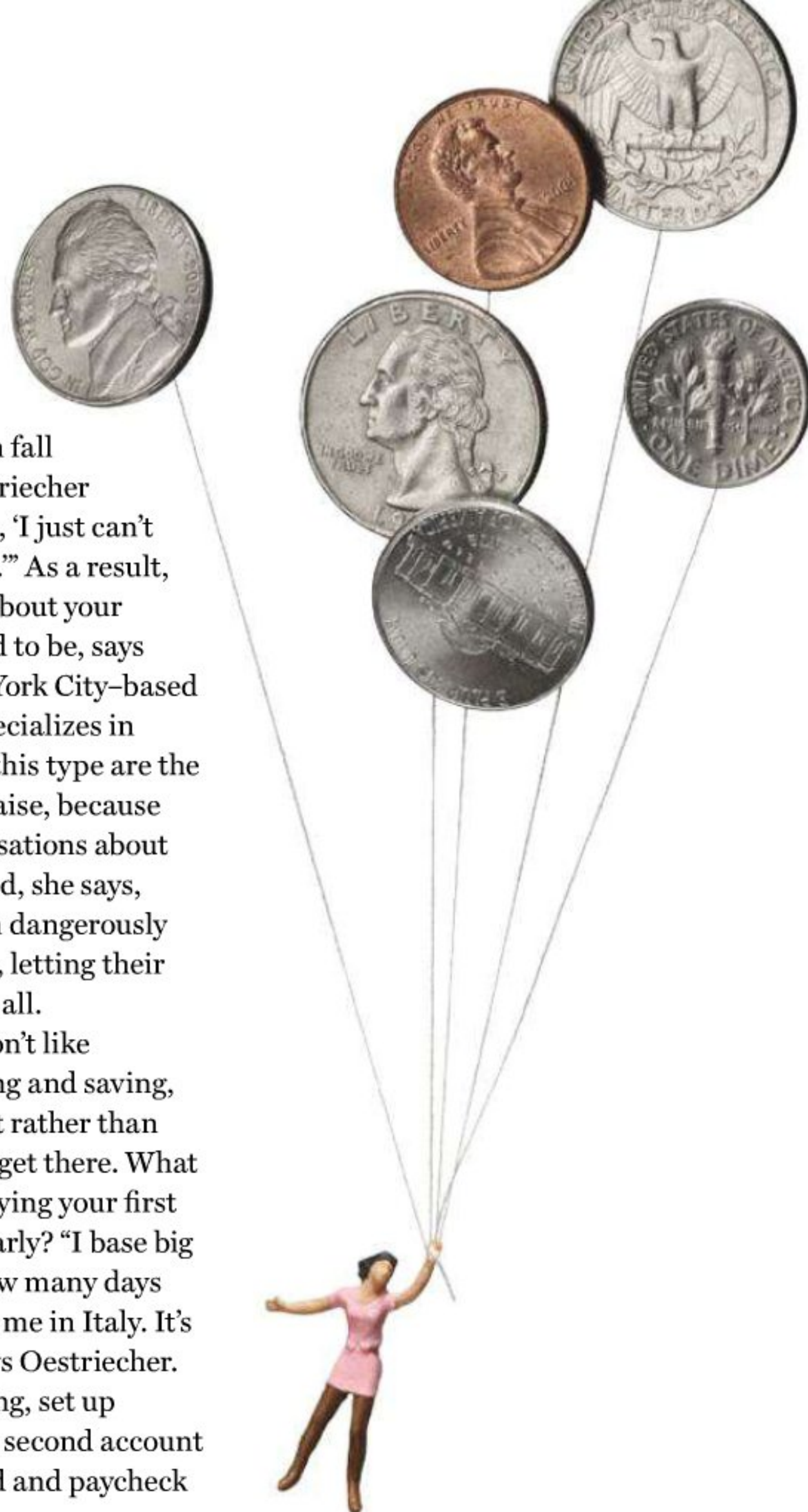
Your plan: Keep doing what you're doing! Oestrieher says that women in this group, while on the right path, may still feel uneasy about having enough to cover emergencies or to weather months of unemployment. So aim to save enough in an emergency fund to live on for at least nine months (that's roughly the length of time it took a laid-off worker to find a new job last year). And don't forget to check up on your savings and investments at least once a year, to make sure everything's still on track.

Mostly D's: Daredevil

What's great about you is that you believe you can change your financial situation. What's not so great: An overly optimistic outlook may also have you banking on a great-aunt's inheritance or a future wealthy spouse to help you get by. Plus, your impatience and overconfidence can make you lose money on bad investments or as-seen-on-TV moneymaking schemes.

Your plan: Yes, you can invest in the next hot thing or your own idea, but only with money you can afford to lose, Myers says. Establish solid fundamentals first, including paying off all your credit card debt, starting an emergency fund, and contributing to retirement savings like a 401(k). Use the calculator at choosetosave.org to see how much money you'll need to retire.

—ADDITIONAL REPORTING BY KENRYA RANKIN-NAASEL



“My financial victory”

These super-smart REDBOOK readers open their books to show how they got a financial grip.

“I paid off my kid’s college—before she even enrolled”

—CYNDI FINKLE, 43, Los Angeles, art studio owner

“When my now-11-year-old daughter was born, my husband and I opened a Scholarshare 529 account and committed to saving \$100,000—roughly enough to cover her first three years—for her college fund by 2018. We made monthly contributions, which started at \$250 in the early years and increased incrementally over time, but a hundred thousand seemed like a crazy number to reach on our own. So when our daughter was a baby and toddler, we asked her grandparents, aunts, uncles, and friends to donate to the account instead of buying her toys that would only be played with for a few weeks. After that, we asked that some of the money they’d usually spend on gifts

for my husband or me go to her fund. In December 2011, we hit our goal. In all, our family and friends contributed about \$10,000—it’s the ultimate gift they could have ever given us.”

“I bailed my family out of debt”

—JESS DOVE, 30, Fairfax, VA, public school teacher

“I’ve always been a planner and I like managing my money, but my husband is the opposite. When we got married in 2008 and merged our accounts, he owed \$10,500 in student loans and credit card debt. He handed me a manila envelope bulging with three years’ worth of receipts, bank statements, and bill notices and asked me to take over. We also had a mortgage, two car payments, and a baby on the way. I spent about a month figuring out exactly how much he owed to each creditor. Then I went with the ‘snowball plan’ that I had read about in Dave Ramsey’s personal finance book: the idea of tackling smaller debts first so you have little victories in the beginning and working your way up to the bigger ones. To do this, we ate more meals at home, cut our cable, and put ourselves on a strict \$100-a-week budget for fun stuff. If an emergency came up—like our car needed new brakes—we used our fun money to cover those bills. By the end of 2011, we’d paid off all our debt but the mortgage!”



marriage, my husband and I divorced, and I had no understanding of IRAs or our mortgage. I didn’t even know the passwords to our online-banking accounts! At first, I was freaked out and overwhelmed, but I didn’t have the option to bury my head in the sand. I had to think about paying my bills and setting up college funds for the kids, not wallowing in self-pity. The best thing I did was admit that I needed help. I asked friends, especially strong women I considered role models, to recommend an insurance agent, a financial adviser, an accountant, and a mortgage officer to walk me through everything. Most of them met with me for free, and it was so worth it: They taught me how to save and invest wisely. I read finance magazines to help teach myself too. My children are teenagers now, and I make sure to tell them everything I’m learning so they’ll never wind up in the same position I did.” —AS TOLD TO SARAH Z. WEXLER

“I started over after a divorce”

—ANNE KLEIN, 48, Durango, CO, public relations consultant

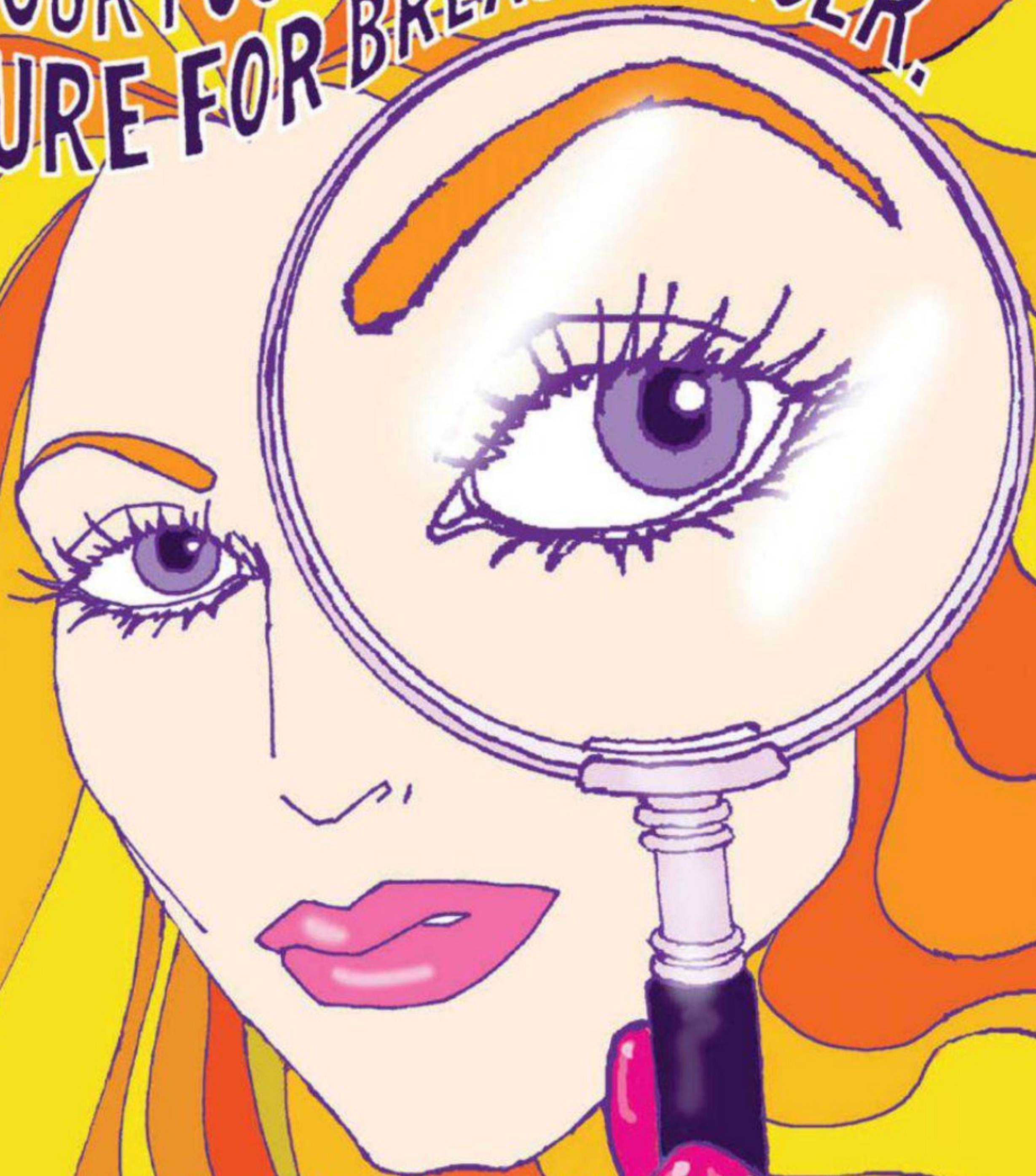
“I thought of myself as a modern-day June Cleaver: I had an MBA, but I always said my job was to be the best possible stay-at-home mom to my three kids. That was until my life fell apart. After 20 years of

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Cute, full-price dress vs. three so-so sale items

"Shoppers get so wrapped up in how much money they're saving that they lose sight of how the item will make them feel,"

says Kit Yarrow, Ph.D., a psychologist at Golden Gate University in San Francisco. "If something you want is full price and you can afford it, get it. In terms of lasting satisfaction, it truly beats buying a bunch of sale stuff you don't really love."



Three manicures vs. one massage

A 2011 study in the *Journal of Consumer Psychology* found that frequent small purchases, like mani/pedis or lattes, provide greater delight than pouring money into larger expenses.



A blowout anniversary party vs. an expensive gift

"Assuming you can pay for either without going into debt, research shows that spending money on experiences and social

activities versus things gives people a bigger happiness boost, because of the lasting memories," says Jim Roberts, Ph.D., an associate marketing professor at Baylor University in Texas. "Take and display pictures of the event for a constant reminder."



Repair it vs. replace it

"Most people develop a bond with treasured items like a favorite pair of jeans," says Roberts, who spends his own time and money fixing up a classic car. Invest in a special item's longevity and you'll feel good every time you use or wear it.



Donating to charity vs. buying for yourself

Giving to others is a surefire source of pleasure for anyone. Researchers at the University of Oregon found that some people show more activity in the area of their brain that's typically associated with *receiving* rewards (which makes them happy) when they donate money to those in need.

Three weekend trips vs. one long getaway

"Research has shown that shorter, more frequent changes in your life increase happiness more than one big event. Long vacations can bring on a greater amount of stress, because after a few days you start to worry about the heavy workload you'll face when you return," says financial psychologist Mary Gresham, Ph.D. —ASHLEY NIEDRINGHAUS

7 money rules to live by forever

We asked finance whiz **Jean Chatzky**, author of the new book *Money Rules: The Simple Path to Lifelong Security*, for a boiled-down, say-it-straight list of the **basics** women in their 30s and 40s need to know about **finance**. Make these your money mantras.

1 CONTROL THE THINGS YOU CAN CONTROL

Can you control how much you earn? You can try, but not always. Can you control how much your investments make? Not always. Can you control how much you save and spend? Yes and yes. You have a much better chance of managing your saving and spending than you do the rest of your financial life. Put your focus there.

2 EVEN GOOD DEBT ISN'T FREE

A debt's real cost is in opportunities lost. When you take on a new monthly payment (even at a low interest rate), you're making a commitment against your future income—often for a very long period of time. What could you be doing with the \$423 a month you spend on a second car? Over a month, not much. But over 60 months, it's more than \$20,000. Committing to debt



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prevents you from taking advantage of other opportunities. You want to take a lower-paying job because you love it? That's tougher to do with a new second car sitting in the driveway.

3 KEEP SOME SKIN IN THE GAME Think about how a kid spends money. If it's a parent's cash, there's no hesitation in handing it over to the cashier. But if it's money the kid has earned, he's more hesitant—it has to be “worth it.” Use that same rule yourself. Don't just swipe your credit card for a purchase you can't afford to pay for right now. Save for it, then ask yourself—again—how much you really want it.

4 IF YOU DON'T ASK FOR MORE MONEY, THE ANSWER WILL ALWAYS BE “NO” Here's a shocker: In 2011, newly trained female doctors earned salaries that averaged \$17,000 less than male doctors'. It's not that women were picking less-lucrative specialties or that they were asking for more flexible work schedules. (That used to be the case, but not this time.) The difference now: Women don't ask for the money they want. If you don't ask, the answer will always be “no.”

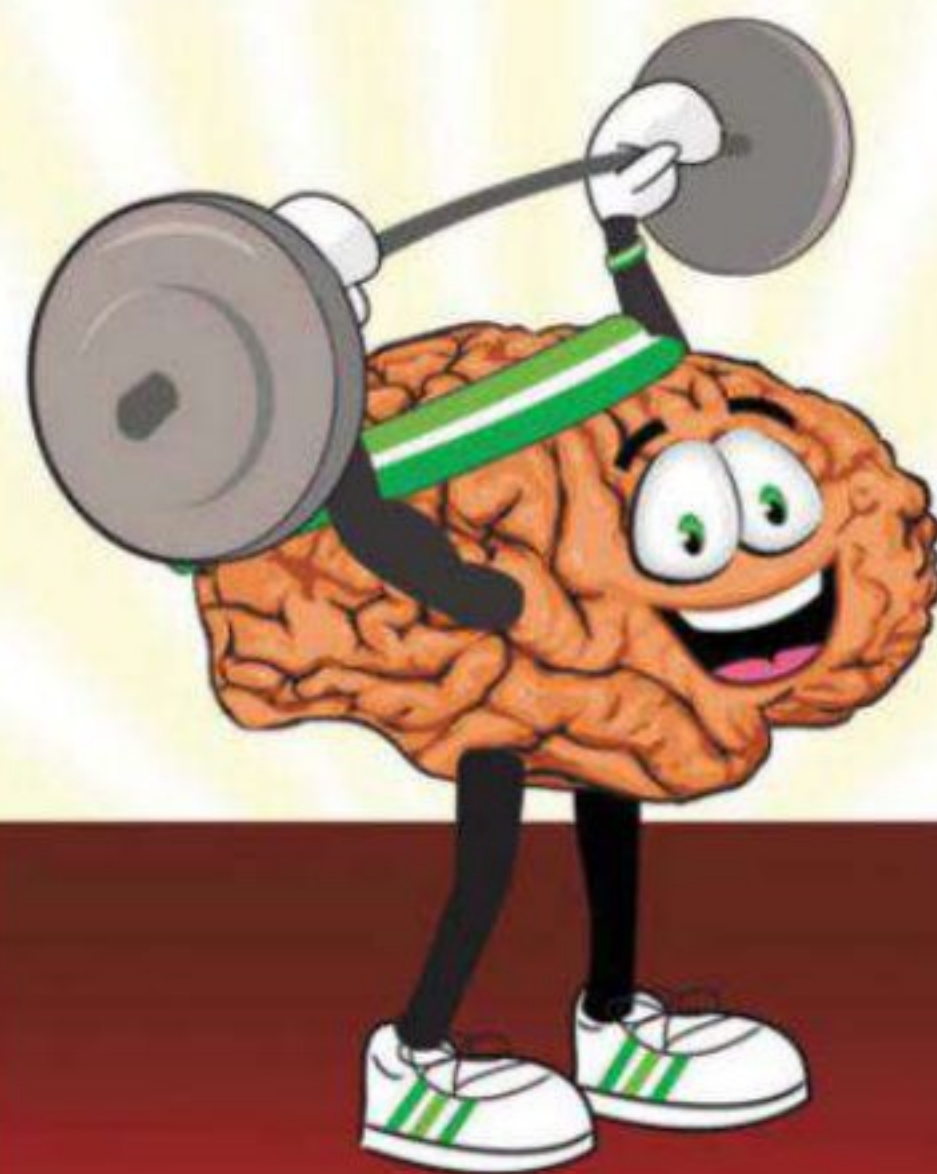
5 DO DECLARE SOME FINANCIAL INDEPENDENCE Just because you've married someone (or love them enough to live with them) doesn't mean the two of you are the same person. You need some money of your own so you can make small financial decisions—like whether to eat lunch out, whether to buy that dress—without asking permission. Minus that, relationships start to feel parental rather than romantic.

6 EMERGENCIES HAPPEN Your car will break down, or the roof will spring a leak, or one of another thousand things will go wrong. And you need to have money for when they do.

7 YOUR RETIREMENT TRUMPS THEIR TUITION You know when you're on an airplane and the flight attendant tells you to put your oxygen mask on first before assisting a child? Saving for your long-term financial needs is the same way. If you don't save for your own future first, you won't be able to help your children when they need it. There is no financial aid for retirement; there is financial aid for college. Don't feel guilty about this. ®



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Splurge: Gansevoort Park Ave

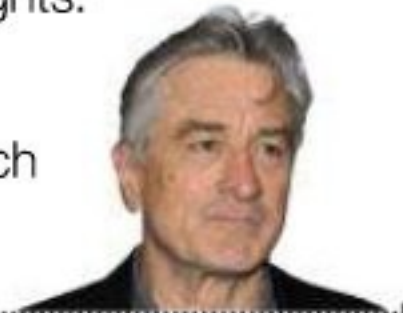
The milk-and-cookie turndown and rooftop pool will have the kids just as excited as you. Request a room on floors 9 to 12 to avoid nightclub noise. (212-317-2900, gansevoortpark.com; from \$295)



Save: The Wall Street Inn Close to historic South Street Seaport's shops, boat tours, and museum, it's a quaint and charming option at a crazy-low price for Manhattan. (212-747-1500, thewallstreetinn.com; from \$129)

Splurge: The Greenwich Hotel

Robert De Niro's hotel feels more like a rich friend's house. Highlights: the Shibui Spa and the Locanda Verde restaurant. (212-941-8900, thegreenwichhotel.com; from \$495)



LOS ANGELES



Save: Magic Castle Hotel Guests get special access to the adjacent magic club, where shows take place during weekend brunch. Plus, free Popsicles are served poolside. (323-851-0800, magiccastlehotel.com; from \$174)

Splurge: Beverly Hills Hotel and Bungalows

Very Young VIPs get a teddy bear and personalized cards they can use for free drinks. (310-276-2251, beverlyhillshotel.com; from \$505)



Save: Hotel Wilshire The newly opened Wilshire's got a romantic rooftop restaurant and pool—both with views of the city skyline and the Hollywood Hills. (323-852-6000, hotelwilshire.com; from \$210)

Splurge: Terranea Resort

This gorgeous oceanfront compound has balconies off every room and suite, a huge spa, and five ocean-view restaurants. (310-265-2800, terranea.com; from \$300)



CHICAGO



Save: Swissôtel Chicago It's ingeniously located near the Chicago Children's Museum and the action-packed Millennium Park, and kids eat for free at the hotel's Geneva Restaurant. (888-737-9477, swissotelchicago.com; from \$169)

Splurge: Omni Chicago Hotel It's all suites here, so you can spread out minus a rate hike. Also, little ones get a goodie-filled backpack. (312-944-6664, omnihotels.com; from \$219)



Save: Public Chicago You'll love the sexy vibe at this new spot. But you might love the desserts at the hotel restaurant by Jean-Georges Vongerichten even more. (312-787-3700, publichotels.com; from \$135)

Splurge: Waldorf Astoria Chicago

Oversize rooms, luxe Italian linens, furnished terraces, and gas fireplaces add up to a perfect do-not-disturb getaway. (312-646-1300, wachicago.com; from \$395)



MIAMI



Save: Doral Golf Resort & Spa Send the kids to full- or half-day Camp Doral, where they'll play tug-of-war and compete in sand-castle contests while you chill poolside. (305-592-2000, doralresort.com; from \$119)

Splurge: Loews Miami Beach Hotel

The Loews Loves Kids program includes a Kid's Closet with toys; camp; and poolside "dive-in" movies. (305-604-1601, loewshotels.com; from \$349)



Save: Biltmore Hotel This historic space is super-private, but also a short drive to South Beach. And the spa is to die for! (305-445-1926, biltmorehotel.com; from \$195)

Splurge: Acqualina Resort & Spa on the Beach More than half of the rooms have gorgeous water views—as do all of the pools and restaurants. (305-918-8000, acqualinaresort.com; from \$375)

—JENNIFER SEMBLER



WANT TO STAY HERE? Obviously! Win a 2-night stay in one of Acqualina Resort & Spa's oceanfront rooms for you and your guy—plus dinner for 2 at Piazzetta, the resort's new indoor-outdoor Italian restaurant and marketplace. Total value: \$2,300. To enter, go to redbookmag.com/freebies. See [page 174](#) for details.



NEW YORK: FROM LEFT: PETER ADAMS/GETTY IMAGES, BURAZIN/GETTY IMAGES, GETTY IMAGES. L.A.: FROM LEFT: TIM HAWLEY/GETTY IMAGES, MARK TAYLOR/GETTY IMAGES, FOODCOLLECTION/GETTY IMAGES. CHICAGO: FROM LEFT: PAWEŁ GAUL/GETTY IMAGES, DON KLUMPP/GETTY IMAGES, COURTESY OF PUMP ROOM. MIAMI: FROM LEFT: LIGIA BOTERO/GETTY IMAGES, DAVE KING/GETTY IMAGES, COURTESY OF ACQUALINA RESORT & SPA.



Jackie Powell

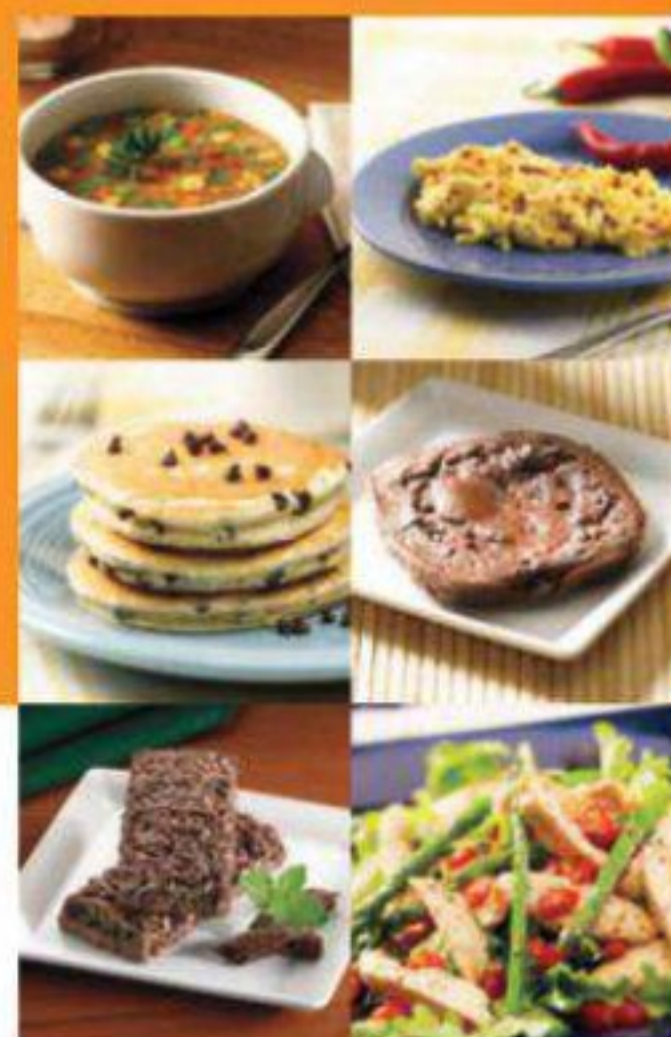
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A fine balance

"My dream was that I'd have kids and not want to work anymore—that they would totally fulfill me," Kyra says. "But that's never been the case. I want both."

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Seated at a wooden table in her favorite breakfast spot on New York City's Upper West Side, Kyra Sedgwick is having a senior moment. "I'm 46...," she says, looking down at her lap while doing some mental arithmetic. "I think I'm 46? Don't think I'm 47 yet. How old am I? You must know!"

For the record, she *is* 46, but you can't blame Kyra for spacing on her age when she looks this incredible. In recent paparazzi shots taken in Hawaii, her lean, tattooed body appears positively gravity-defying. And today, she's radiant in a clingy long-sleeve gray top and jeans, with nothing more on her dewy face than a hint of mascara. As we get to talking, it becomes clear that the star doesn't only look young,

C'mon, Kyra, confess!

We got Kyra Sedgwick to come completely clean about leaving *The Closer* (sob), being a **Madoff** victim, crushing on her own husband, rocking a teensy **bikini**, and hitting the **tattoo** parlor—with her **kids**. The verdict: She's awesome.

but she thinks young, approaching everything in her life, from raising kids to getting tattoos, in a charmingly nonlinear way. Last year, she did the unthinkable in Hollywood: After an award-winning, six-year run as acid-tongued deputy chief of police Brenda Leigh Johnson on the TNT show *The Closer*, she decided to walk away from the biggest hit of her long career. (Kyra started acting at 16 and is known for her roles in the films *Born on the Fourth of July* and *Singles*.) Her simple explanation: “I gave 190 percent every single day on that set. I want to do other things.”

First on her list: moving home to New York after spending part of each year in Los Angeles, away from her family, filming *The Closer*. In an ironic twist, she's returning to an empty nest: Daughter Sosie, 20, is away at college, and son Travis,

23, won't be living in the family's apartment much longer. “[Your children] are the first thing you think about in the morning and the last thing you think about before falling asleep,” she says. “And suddenly, you're fired!” Perhaps the one constant in her life is husband and fellow actor Kevin Bacon—their 23-year union defies the odds of an average marriage, let alone a Hollywood one. “People say it's this fairy-tale thing,” she says, shrugging. “But it's life. We just love each other a lot.” Their bond has held through a few hardships: In 2008, it was revealed that the couple had lost an unspecified chunk of savings to Bernard Madoff's \$50 billion Ponzi scheme. But the actress maintains an almost accepting attitude toward the loss. “When it first happened, Kevin and I talked about it,” she says. “And we were

like, ‘We're not money people—we didn't get into this business for that.’”

True—if money were the driver, Kyra would be on the set of *The Closer* right now, not sitting here in this café pondering what's next. “Life is what happens when you're making other plans,” she says, with that famous spark in her eye. “More will be revealed.” Starting right now...

RB: You just shot the final episode of *The Closer*. Was it a jumble of emotions?

KS: It was. One of my closest actor friends, Corey Reynolds [Sgt. David Gabriel], had a very emotional scene. There were 50 people in the room, and I started to sob.

RB: Are you a crier?

KS: I don't think so. When I'm doing the show, all the emotion has to go into Brenda. For the last six years, the work was so

"When Kevin walks in a room, I'm still...

emotionally, physically, and spiritually demanding that I didn't have time to go through my own drama.

RB: It must have been hard, being so far away from your kids and husband. Did Los Angeles ever feel like home?

KS: After three years of bemoaning my fate about being far away, I've learned to love it. I have some family in L.A., and two of my very best friends live there. We actually just bought a home in L.A.

RB: Really? Will you be spending time there?

KS: No! It was the craziest. As usual, [Kevin and I] are not planners. We thought, *Oh, that looks like a good investment!*

RB: Why did you decide to leave the show right now, at its height?

KS: I never wanted to be unhappy about going to work. I never wanted to be like, *Ugh, I have to solve another murder.* Originally, I thought it was irresponsible to leave, because of the Madoff thing—I thought I should do another season. One night Kevin and I were talking about it, and he must have sensed my ambivalence, because he said, "What about, just for tonight, you decide that you don't want to do another year?" And I realized that I felt so responsible for everybody else—people count on you for employment. That was weighing on me so much.

RB: It's huge.

KS: I felt that weight, and when he said it, I said, "Okay! But just for tonight! I can change my mind tomorrow!" But as I lived with it, it felt so right to me. Really, it's about wanting to do other things creatively. So, the guilt faded.

RB: You had a fun role in the recently released *Man on a Ledge*. What's your next career goal? To do more films?

KS: That's my big dream. If something came along, yes. But, honestly, it's okay to breathe a bit. I have just been working so hard. I want to wait for the right thing.

RB: How has your relationship with money changed since you lost so much of it to Madoff?

KS: I was angry [when it happened], but I'm a grown-up. I made my own decision. He's a sick man, and my choices are different today. I used to think, *Oh, I feel guilty that I've made some money.* That

is gone. I will tell you that right now. Because now I know that I earned that money. And I don't feel any guilt about having worked hard for it. I think that's a common female thing.

RB: Women can be strange about money.

KS: Men are more entitled.

RB: Did you feel betrayed by Madoff?

KS: There are so many people in this country who have been more betrayed than we were. We gave our money to a mentally ill person. We're responsible for that. It's not our fault, I don't blame us, but we're responsible. Betrayal is something that happens when someone is a friend or a loved one; that's such a personal feeling. At the time, it felt personal because we'd worked really, really hard for that money—especially Kevin, who has been working since he was 17 in New York—and it was mostly his money, because I hadn't made a lot. So that was our pension. We thought it was in a safe place. But betrayed? I don't think that's the right word.

RB: What would you say now to women who aren't totally hands-on with their money?

KS: I'd encourage every woman to learn about her money and not apologize for making it. Do I practice what I preach? Do I know every single thing about money now? No. But I've made different choices about where I put it. I've become more educated about what's happening with it. I went and took a class.

RB: But it hasn't changed your approach to life? I mean, it sounds like you're making decisions the same way as before.

KS: I think we're very generous people—always have been, always will be. I wouldn't want [the experience] to have the power to change me in [that] way.

RB: And this month, you and Kevin are working with the Food Bank for New York City...

KS: Nothing means more to me than feeding people in my own city.

RB: How did you balance

your marriage with six months in Los Angeles and six months in New York?

KS: It wasn't easy, and it still isn't easy. Kevin has been working a lot and he wasn't able to be in L.A. for a lot of the last season. But, you know, I didn't marry an accountant [*laughs*]. Everyone has marital struggles—I don't buy the "Oh, it's so hard, actors being married." Man, marriage is hard for everyone. So when we're on the red carpet and we get the "How do you guys do it? No one can stay together," I get really irritated. I don't think our relationship is more or less difficult; I just think you both make the commitment and you make it work.

RB: As far as being a mom and having made sacrifices to work in L.A., so far away—

Kyra's career, from her first film to her TV mega-hit:

"I was 17 when I shot the Holocaust movie *War and Love* in Hungary and Poland. It was a transformative experience."



Kevin and Kyra met working on the American Playhouse TV production of *Lemon Sky* (1988) but didn't share the screen again until *The Woodsman* (above) in 2004. "It's one of the films I'm most proud of. If you haven't seen it, don't be afraid to," she says of the controversial drama. "It's amazing."

PREVIOUS SPREAD: HAIR: OSCAR BLANDI FOR OSCAR BLANDI SALON/HAIRCARE. MAKEUP: ANTHEA KING USING LAURA MERCIER AT SEE MANAGEMENT. STYLIST: CRISTINA EHRLICH. HAT: TOPSHOP. BLOUSE: CRISTINA EHRLICH FOR JEUNESSE. JEANS: MIH.

I mean, my heart gets a little fluttery.”

would you say it's worked out, no regrets?

KS: Yes, in terms of success—the show was a gigantic success. As far as my family goes, that's still a work in progress. I think on the face of it, everyone came out pretty unscathed, and yet, we'll see. It was heartbreaking. Half of me was in New York and half of me was in California. I missed stuff—events, performances—but we kept trusting that it was going to be okay. The good news is that Kevin was working less, and he was home during almost the entire school year. But it was really, really hard.

RB: How did your relationship with your children change while you were away?

KS: It became more special when we were together. I never had that total nightmare with my kids where they wouldn't talk to me or they were mean to me. Maybe they appreciated me more because I wasn't around all the time? And I wasn't in their business every freaking second—because I am controlling, for sure. Sosie said to me the other day, “Mom, you worry so much.” And I was like, “Does it show?”

RB: Do you have empty-nest syndrome?

KS: Not at the moment. My son is still living with us, but yeah, he won't be here for long.... Life will never be the same. I know [my kids] will need me, but in a totally different way. Suddenly I'm supposed to think about myself first? What is that? That's weird. But there's joy in that too—we're responsible for our own happiness. It's not about them making me happy. You know, the best sound in the world to me is the door opening in

the apartment and one of the kids walking in. That won't change. I mean, I'm very happy when Kevin comes home too, don't get me wrong [laughs]. But they light up my life.

RB: I know you get asked this all the time, but what keeps you and Kevin together?

KS: [Long pause] Well—I'm going to embarrass my kids—sex is important. Sex is really important. That desire is there.

RB: But do you have to work to keep up that desire?

KS: It's not a lot of effort.

RB: What do you find attractive about him now that you didn't when you first met him?

KS: The essence of it hasn't really changed. When he walks into a room, I'm still... I mean, my heart gets a little fluttery and I think, *Oh! He's so cute. He's so hot.* That's literally the first thing I think. You can ask people on the set—it's palpable. He's still a mystery to me. And getting older together is scary and exciting.

RB: How did you meet?

KS: We met doing a film version of the play *Lemon Sky*. I vividly remember hearing from my agent a couple days after I got the part that Kevin Bacon had fallen out, that he had to be in New Zealand for reshoots on a movie. I remember this incredibly strong voice in my head saying, *Oh, he's definitely going to do it.* So when they called a couple days later and said he was back in, I was like, “Of course he is!” It wasn't as if I thought we were going to get married. But I do remember thinking, *Of course he's going to do it.*

RB: And he designed the tattoo we all noticed at the SAG Awards.

KS: Yes. It's a family tattoo, with all of our initials. We were going out to dinner one night in L.A., and we walked past this tattoo place on Melrose and I said, “Let's eat dinner and then go get a tattoo”—as a joke. As we were eating, Kev started doodling this image of the four of our initials. Kevin, who always swore he'd never have a tattoo, said, “I'd do that.” So a month later, we had it done.

RB: You're a really cool mom—you don't sweat the small stuff.

KS: No, I sweat the big stuff. ®

“I think it's great for people to think a 46-year-old body looks good,” says Kyra of these shots from last December (check out the tattoo!). “That's awesome.”



Above: Kyra, daughter Sosie, and Kevin at the 2009 Screen Actors Guild Awards. That year, Kevin directed an episode of *The Closer*; Sosie appeared in that episode and three others. Left: Kyra as Brenda Leigh Johnson, her most famous role, which she leaves at the end of this summer's season. “I love her so much,” she says of her character. “I admire her tenacity, her clarity of vision.”

Print it!

Take one pattern, then add another—and find yourself doing a happy dance for the rest of the day. Our fun, funky outfit ideas will cheer you right up... and send your black and beige basics on spring break.





Play with scale

Mixing a big design with a smaller, similarly themed one has a super-sweet, vintage-y vibe.

Sweater, \$88, and skirt, \$128, both J.Crew. Heels, Reiss, \$300.

✿ 5 readers will win: Gold tone and cobalt ring, Spring Street, \$34.



Love prints? Check out even more chic pieces—all under \$50!—at redbookmag.com/chicprints.



Reach for white jeans


It works every time: Snowy denim makes even the swirliest, most colorful top feel polished and crisp.

Top, Marimekko, \$249.
Necklace, BaubleBar, \$54.
Jeans, Citizens of Humanity, \$164.
Heels, Elizabeth and James, \$325.

Layer your patterns

A bright, ladylike coat is fun; worn open over an equally pretty, floaty dress, it's fashion magic.

Dress, Strenesse Blue, \$580. Ring, Nicholai by Nicky Hilton, \$90.

 **1 reader will win:** Coat, Jules Reid, \$775.

BEAUTY HINT:

Red lips keep the energetic vibe going. For a springier take on the look, go for lipstick with a deep pinkish tint. Try Revlon Super Lustrous Lipstick in Love That Red, \$7.99.





Try a mixed-print dress

It's nice when the designer does the work for you, right? Also nice: getting the same effect with a top and skirt that have small-scale geometric patterns. (And P.S., darker on the bottom works for every body.)

Dress, Jewel by Lisa, \$840.

Bracelet, KumKum, \$650.



3 readers will win:
Clutch, Sushma Patel, \$110.



Pair florals & gingham

Mixing these two classics couldn't be cuter. In tandem, they lose the preppy and just look cool.

Hat, Make Me Chic, \$13. Shirt, Brooks Brothers, \$80. Jacket, Ted Baker London, \$235. Bracelet, Marie Todd, \$575. Pants, Reiss, \$170.

Keep it in the (color) family

Pieces with the same palette—like this brown-based top and skirt—play perfectly together. Love all!

Shirt, Carrie Parry, \$285.

Sweater, Boden, \$198.

Skirt, Whit, \$325.

✿ 5 readers will win:

Flats, Lela Rose
for Payless, \$42.99.

Work the fun accessories

A little print shy? No worries: Just wear patterned add-ons (don't forget the shoes!) with solid basics. You'll suddenly adore the whole outfit.

Top, Ann Taylor, \$28. Scarf, Loquita, \$170. Bangle, C. Wonder, \$28.

Bracelet, Belle Noel, \$110. Clutch, Misela, \$95. Skirt, Yumi Kim, \$143.

Wedges, Charles David, \$135.

Fashion editor: Audrey Slater.

See shopping guide, last pages, for details. Location: Parker Palm Springs; theparkerpalm Springs.com, 800-543-4300.



28 amazing things about

Why write these two lists? Because, like the for 10 minutes of celebrating, appreciating,



Compliments! That butt wasn't doing you any favors in the Gap dressing room three hours ago. Now he's waxing poetic about it.

The kissing.

It's transporting. The lamest, least memorable day can have its interlude of *Doctor Zhivago* romance—even for just 15 minutes. Then you can go back to being a boring, middle-aged couple on the couch if you want to. Hey, isn't *Kitchen Impossible* on?

Any calories you consume after an epic session don't count.

Sex hair. It's better than beach hair. Also: sex lips. Temporary Angelina!

As a woman, it's the only time you can be lazy and still be worshipped as a goddess. When else in your multitasking life can you get such props for literally just lying there?

It's like a get-out-of-jail-free card. "Don't think about that thing I did that made you mad, Honey. Look over here... boobs! For you!"

It motivates you to keep the fuzz at bay, no matter how long you've been with him. (Oh, right, I really should get a bikini wax. Pluck that weird hair. At least shave my underarms.) And if you should let yourself go completely, it's confirmation that he finds you irresistible even when you are kind of disgusting.

He will do any chore you ask him to do if he knows sex is imminent. Seriously. Try it.

You get to have an orgasm. Duh.

The cusp. It's almost as good as the big moment itself.

Really, really sweet things—from "I've missed you" to "I'm so lucky to have you" and beyond—that only get said right before, during, and after.

(& annoying) sex

*act itself, it's fun. Join us
and just telling the truth!*

► *When else in your life do you get to act?*
Sexy insurance adjuster, unethical nurse,
exhibitionist cowgirl...

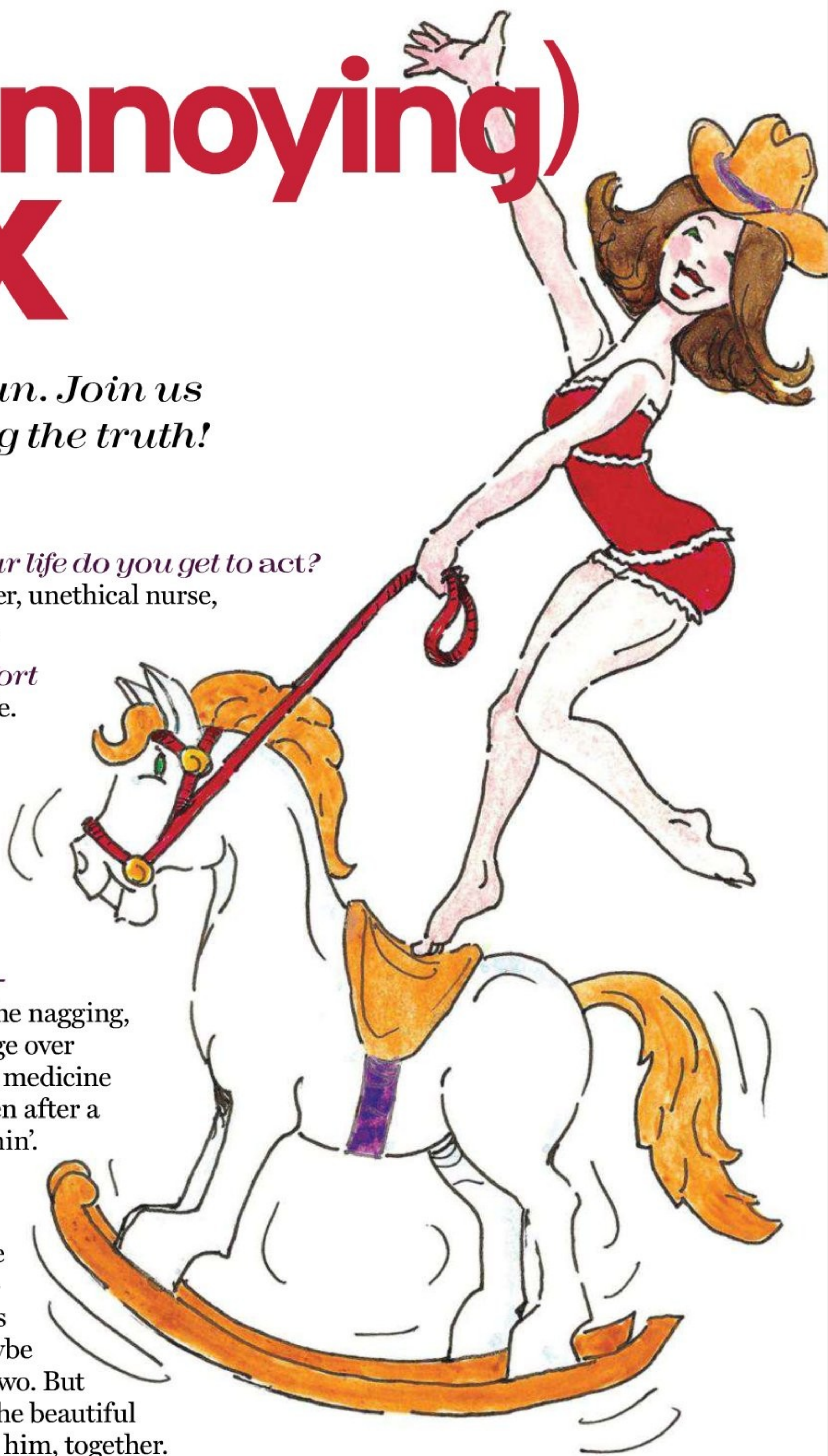
*The sublime comfort
of the postcoital cuddle.*

It's free!

*The smell of his
neck.* His hands in
your hair. His leg
over yours. These
things never get old.

*It has relationship-
healing powers.* The nagging,
the nit-picking, the rage over
closing the door to the medicine
cabinet? All is forgotten after a
little somethin' somethin'.

*No one does it
exactly like you
two do it.* Sure, there
are manuals and mag-
azines devoted to ideas
for great sex—and maybe
you'll pick up a tip or two. But
the *real* magic is just the beautiful
uniqueness of you and him, together.



NOW, WHAT JUST BUGS US ABOUT SEX...

▼ *The accidental turn-ons.* You pop out of the bathroom to grab a new razor and he pounces like a mountain lion.

The moments where you wonder, Why did he think I would like that? And worse: Where did he even get the idea for it!?!

Orgasm inequality. It takes men about five minutes to reach climax; it takes us 20. Even longer when he keeps asking, “You almost there?”

Kids. If you have them, there’s a good chance that they’ll be in the vicinity while you’re getting it on. This is annoying on several levels, not least of which is having to muffle your enjoyment. Plus there’s the constant worry of getting caught, which is considerably heightened if you don’t have creaky floors, and/or children who weigh enough to creak them.



➤ *Interruptions in general.* If it's not the kids, it's the phone, or FedEx at the door, or your pets. Staring at you. Just staring.

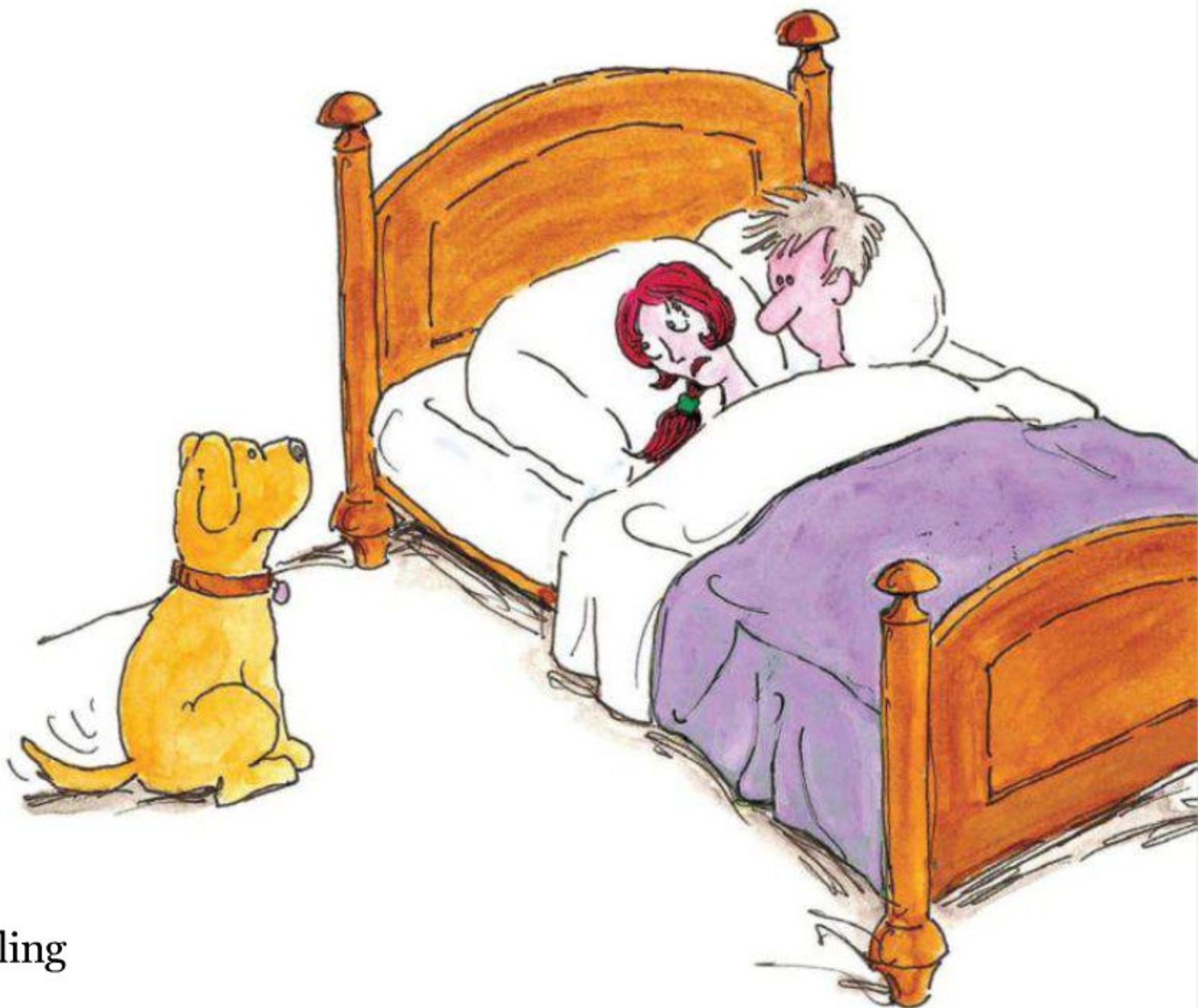
It's never like it is in the movies. You're never going to be Diane Lane in *Unfaithful* (c'mon, the restaurant bathroom scene?), and he's never going to be Ryan Gosling in *Crazy, Stupid, Love*.

Absolutely everything about birth control.

How easily your refusal can hurt his feelings. Who knew your real, actual headache could wound his very manhood?

Having to do it at *this* hour of *this* day when your temperature is *this* degree so you can be more likely to make a baby.

Uh, how do we put this... *crunchy* laundry?



DO MEN FIND ANYTHING ANNOYING ABOUT SEX?

Apparently, yes! REDBOOK's guy expert, Aaron Traister, explains.

There's not much about sex that most guys I know find bothersome, but every so often, something occurs that puts a damper on an otherwise joyous occasion. For instance, sitting through several hours of a bland BBC Jane Austen adaptation is not my preferred route to the bedroom—and the resulting sex could only be described as “groggy” on my part. While I’ll grudgingly put up with all that for a roll in the hay, I could really do without being referred to as “Mr. Darcy.” I also have a hard time when my wife, Karel, and I get out

of sync. She seems to reject sex at totally inexplicable times, and want it at all the wrong ones. The kids can be asleep, I can be freshly showered on a post-workout endorphin high, and Karel can be wandering around the house aimlessly without a bra on (which isn't an invitation, but it signals that she's got some downtime on her hands—putting on a bra is the first sign of productivity), and yet I get shot down with no rhyme or reason. When *does* she make her move? On a day when I ate a bucket of Popeye's fried chicken in between moving furniture at my

parents' house, where I might have wrenched my back, and when I have a work deadline that needs to be met in the next three hours. It's a very irritating phenomenon. But what's even *more* irksome is that I totally lack the willpower to turn her down in these moments. I try to tell myself that it's sort of flattering that she doesn't need Colin Firth to put her in the mood, just a distracted, greasy husband whose excruciating lower-back pain means he can only move the bottom half of his body left to right. But I guess that's real love, even if it is really annoying.



◀ **Hate the color? Paint it!**

I put some spring back in the step of this \$40 chest by painting it a glossy Kelly green. Then I had a mirror cut (which doesn't cost much!) to hide the top, since there's just no painting over Formica.

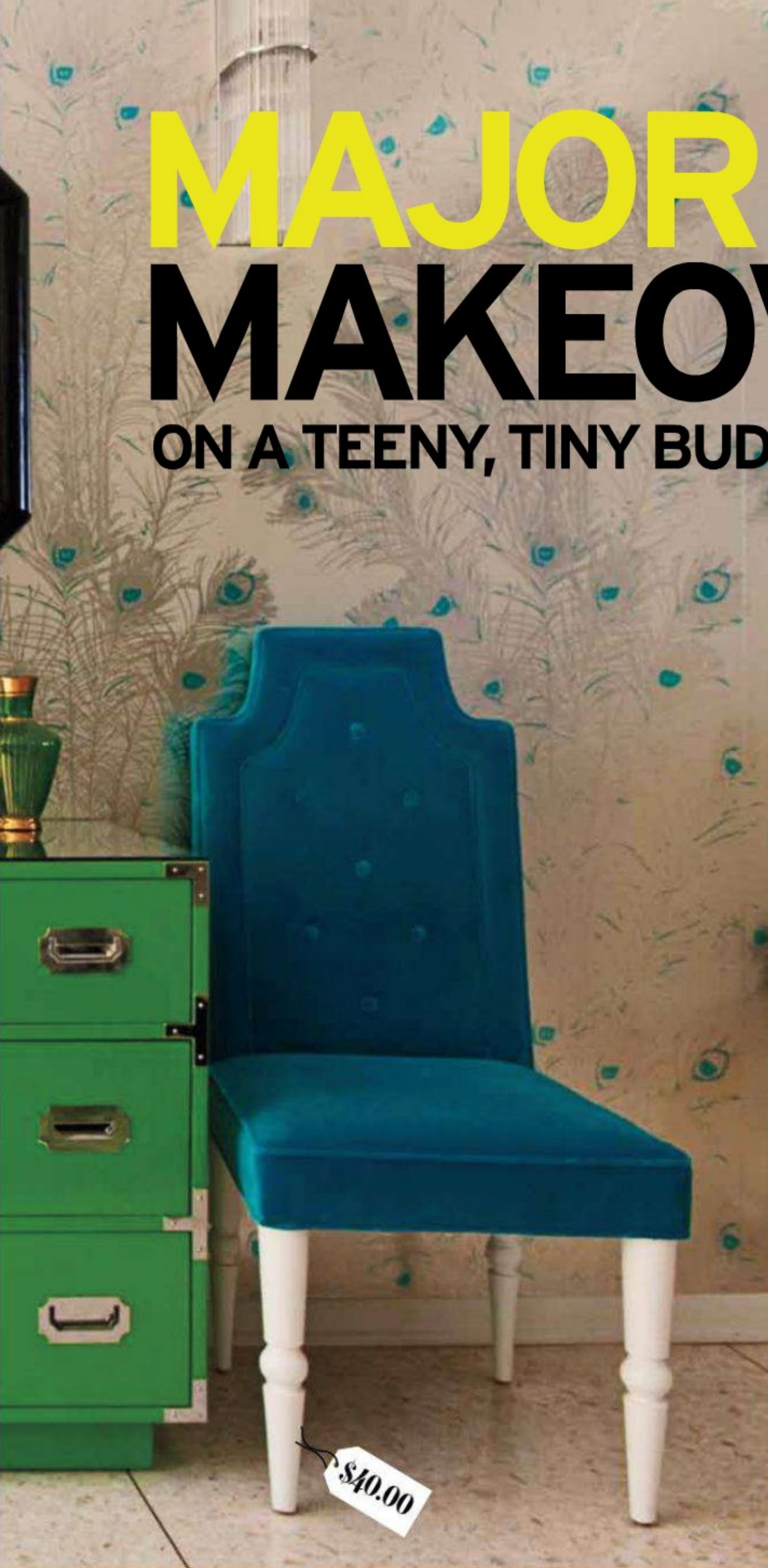
▲ **Use dining chairs anywhere.**

These chairs (\$80 for two!) had brown fabric and legs when I set eyes on them at a flea market. I re-covered them in blue velvet, painted the legs white, and used them to flank the dresser. Pairs are *great* for that.

ALL PHOTOGRAPHY BY
MICHAEL MCNAMARA.

MAJOR ROOM MAKEOVERS

ON A TEENY, TINY BUDGET



▲ As long as it looks pricey...

...who cares if it's not? These '60s vases look like they'd cost a fortune. Also, the octagonal mirror was naked pine when I bought it at a thrift store. Now it looks expensive with a coat of shiny black paint.

Convince your friends that you hired a fancy decorator—and possibly won the lottery—with genius tips from *Good Morning America* anchor and thrifting savant Lara Spencer. Her new book, *I Brake for Yard Sales*, shows you how to turn castoffs into gold.



Turn to [page 156](#) to see where this sign ended up

Welcome to my double life: all glammed up interviewing A-list celebs on a red carpet one Sunday, and getting down and dirty at a flea market the next. I love my career in television and have been at it for a long time. I have worked in local news in

Chattanooga, TN, and New York City, and on *Antiques Roadshow*, *The Insider*, and *Good Morning America*. I have also been moonlighting as a decorator and antiques business owner for almost a decade. When the cameras stop rolling, there's nothing I'd rather be doing than sale-ing. It's all about three words: *rescue, recycle, reinvent*. Found treasures add personality to your home and ensure total one-of-a-kindness. It's creative, it's thrifty, and it's chic!



\$45.00

\$75.00

\$40.00

“ It’s too matchy-matchy if all the shapes in the room are the same. Mix things up! ”



Get real art

Yes, you can afford original paintings and drawings. Proof: I bought the still life above for \$75! The only rule about art is that you have to love it. (And if your new love is signed, Google the artist to see what the work typically goes for before you buy it.)

◀ Create more space with a mirror.

It's a cheap way to open up a room. Just be careful about the scale—there's nothing worse than a small mirror hanging over a large table.

◀ See past the problems.

This amazing Lucite chair was a thrift-shop find. When I bought it, the cushion's foam was exposed and crumbling. All it took was \$10 of fabric and \$20 in new foam to make it fabulous in a vintage-y way.

◀ Pick one jumping-off point.

So many decorators use rugs as the starting element in a room, but I usually begin with a fabric I love or colors pulled from an artwork. Most of the shades in this room—purples, pinks, blues—also appear in the framed print, at left, that I found in a consignment shop. It was buried under a stack of gross pictures, but it made me smile. And you know what? It still does!

Welcome to the deal circuit!

Knowing where to shop is the first step to finding gorgeous stuff.

- **Charity thrift shops** have great prices and benefit-worthy causes, and tend to hold pretty regular business hours. Plus, donations often come from well-to-do families, so you'll find high-quality stuff.
- **Sales at private homes** (yard, sidewalk, garage, and estate sales) usually have the best prices but require a lot of sifting through piles. Bring a list of what you're looking for so you don't get overwhelmed. You can find these sales by searching the classifieds, Craigslist, and estatesales.net (which will give you a map of nearby deals!).
- **Flea-market** pricing is usually slightly higher than yard and estate sales, because you're paying for a more curated experience, where the dealer has done some of the picking-through for you. There also tends to be more variety than at a private sale, because there are so many sellers.
- **Auctions** have a rep for being hoity-toity, but that couldn't be further from the truth. If anything, they're packed with designers and antique dealers who know that art, rugs, and more can be had for a steal at an auction. (I once got a \$3,000 couch for \$200!) But be warned: There are *no* backsies. Once you've bid, you're in. So if you raise your paddle and the hammer goes down, the "I was just waving at my friend across the room" trick isn't going to fly. Put on your big-girl pants and pay up!

“ I found these Picasso lithographs for \$35 and have hung them in a place of honor ever since! ”

What to look for (or ignore)

First and foremost: Turn a blind eye to fabric. If you want to score amazing bargains, look at furniture for great lines and structure (and get past that cheesy '70s upholstery). If a piece has terrific style, who cares about an ugly spackle wood finish? That's easy to cover up with pretty paint.

Of course, not *all* pieces are salvageable. If you shake it and it's unstable, if the arms or legs are loose, or if parts have been glued back on, leave it. And also—look out for bedbugs! Always inspect cushions for little black stains (bedbug poop) and the bugs themselves (you can see them—they look like apple seeds).

Before you buy: Negotiate!

Dealers are shocked if you don't, and it's part of the fun. Here are a few tips for newbies:

- **Cash is king.** Your negotiating power goes up exponentially when you can fork over bills.
- **Kill 'em with kindness.** Say, "Is this the best you can do on this?" with a smile.
- **Don't point out** the bad things about an item. The dealer knows it's flawed; that's probably why she's selling it.
- **But also, don't go on and on** about how badly you want it! Same goes for raving about the great price. *Hello.*
- **Another tactic:** Use actual numbers. Say there's a \$25 item—ask if they'd accept \$20.
- **Or, try adding a second piece** and asking for a better deal. Sometimes the more things you add, the more discount you get.
- **For larger items,** see if they'll throw in free delivery. It's worth a shot!



5 readers will win a copy of Lara's book, *I Brake for Yard Sales*. To enter, go to redbookmag.com/freebies. See page 174 for details. And submit photos of your own D.I.Y. home project at redbookmag.com/DIYproject—one winner will get a free consultation with Lara!



Bedroom formula: two lamps + two side





tables + upholstered headboard + monogram



Keep it balanced

As you can see from these pages, I'm a big fan of symmetry. When things are a little askew, the room feels tilted to me. Flanking a bed with side tables and gorgeous lamps—or bookending a chest with two chairs—is a formula anyone can use, and it always works. If you can't find a pair of something, try two items that are similar in scale.

◀ Match your nightstands.

I searched for famous furniture designer Milo Baughman on eBay and scored this pair of nightstands in my bedroom for \$135 apiece. They retail for three times that! I have the eBay app on my phone so I can always keep track of my bids.

◀ Go for funky lamps.

I top them with white paper shades for a clean look that shows off the base. Always, *always* check the wiring on old lamps, and if it feels crunchy, get it rewired. A lamp isn't a bargain if it burns your house down.

◀ Wallpaper one wall.

It's not a big investment or commitment, and it's an easy way to snap up a room. Another option is wall decals—they're super-fun... and cheap. I love paisley designs, but do whatever feels right for your space.

◀ Personalize your bedding.

An embroidered monogram on the bedspread ties the look together in a chic, personal way. You can also add it to pillows.

◀ Detail the headboard.

I added chrome tacks to my daughter's headboard to jazz it up. They come in adhesive strips, so you don't have to nail them in individually. The lines are perfect, and most cost just \$1 per yard!



\$20.00

\$80.00

\$200.00

\$100.00



◀ Think outside the trunk.

I turned this \$100 metal trunk from a thrift shop into a table. I didn't have to do anything to it!

◀ Look for a sign.

The graphics, shapes, and textures of industrial pieces like this old sign make amazing art and add a little masculine, throw-up-your-feet feel.

◀ Don't forget the extras.

Keep 'em quirky and inexpensive. See that roulette wheel I found at a yard sale? It's a great conversation piece. I'm all about fun animal accents too—hence the ceramic owl and the pair of black Foo dogs. You can never go wrong with a Foo dog. Trust me.

◀ Consider Lucite.

Because they're clear as can be, Lucite tables are a great way to add functionality without cluttering your space.

▲ Try a sleek-looking couch.

I found the single-cushion sofa I'm sitting on here for \$160 at a thrift shop. The fabric was the worst shade of rust damask when I bought it—but the shape was spectacular. I covered it in velvet and it looks like new. I'm obsessed!

▲ Have fun with patterns.

When I found these curvy, modern takes on classic wing chairs on eBay, they looked like the photo on the right. So I had them redone in plaid (I'm mad for plaid), and they fit in perfectly.

▲ Check the back.

The 18th-century lithographs you can see above were another huge find. They were in an old dusty box but had beautiful frames. Sure enough, when I flipped them over, there was a label from a famous London framer. Gotta love a good garage sale!



Can you recover it?

There are some reupholstery projects you can do yourself. Slip seats (chairs you can pop the seat out of) are easy; all you need is a staple gun and fabric.

But hire a professional for elaborate pieces like couches and club chairs. Get three quotes, and if it's still too pricey, have just the back or cushion re-covered for an eclectic look.

“ Figure out what makes you happy and go for it! ”



WANT MORE?

Find a zillion other thrifting and decorating tips in Lara's book, *I Brake for Yard Sales*, out April 1.



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GOOD TO EAT

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6-ingredient pastas

Quell your 5 p.m. panic with these yummy, done-in-a-flash dinners. Just add (boiling) water. Plus: **Low-cal** quesadillas ● The tastiest good-for-you **chips** ● Kitchen **secrets** from a *Grey's Anatomy* star

Photographed by Con Poulos Recipes by Frank P. Melodia

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*Long ingredient lists are a deal-breaker when you've got 20 minutes, max, to pull together dinner. These recipes require only **six**, not including staples like salt, pepper, olive oil, butter—and a glass of wine for the cook!*

Spaghetti with artichoke hearts and toasted breadcrumbs

Prep time: 5 minutes

Cooking time: 12 minutes

- 1 lb spaghetti
- 1 (9-oz) package frozen artichoke hearts
- 3 garlic cloves, thinly sliced
- 2 hot cherry peppers, seeded, thinly sliced
- 1 cup Italian-style panko breadcrumbs
- 3 Tbsp chopped flat-leaf parsley

1. Bring a large pot of salted water to a boil. Add spaghetti and cook according to package directions.
2. While spaghetti cooks, add artichokes to boiling water and blanch 1 to 2 minutes. Remove artichokes from pot and rinse under cold water; transfer to paper towels to dry.

3. In a large deep skillet, heat ½ cup olive oil over medium-low heat. Add garlic and cook about 3 minutes or until golden. Remove garlic and reserve in a small bowl. Add cherry peppers to the same skillet and cook 1 minute. Add artichokes and cook until just heated through.

4. In a medium skillet, toast breadcrumbs over medium heat, 1 to 2 minutes.

5. Drain spaghetti, reserving a cup of the pasta cooking water. Add spaghetti to skillet with vegetables along with reserved garlic and parsley. Toss to combine, adding some of the reserved cooking water as needed.

6. Put spaghetti in serving bowls. Top with breadcrumbs.

Makes 4 servings. Each serving: 772 cal, 31 g fat, 19 g protein, 105 g carb.

← (from previous page)

Tagliatelle with pesto, asparagus, and shrimp

Prep time: 5 minutes

Cooking time: 10 minutes

- 1 lb fresh tagliatelle, fettuccine, or linguine pasta
- 1 lb fresh thin asparagus, cut into 1-inch pieces
- ½ cup prepared pesto
- 1 lb medium-large fresh or frozen (and thawed) shrimp, peeled, deveined
- 1 shallot, halved, thinly sliced
- ½ cup dry white wine

1. Bring a large pot of salted water to a boil. Add pasta and cook for half the recommended time. Stir in asparagus and continue to cook until asparagus and pasta are just tender, 2 to 3 minutes longer.

2. Reserve ½ cup of the pasta cooking water. Drain pasta and asparagus and return to pot. Stir in pesto and 1 Tbsp unsalted butter. Cover to keep warm.

3. Heat 1 Tbsp olive oil in a large nonstick skillet over medium heat. Add shrimp and shallot and cook, stirring occasionally, 2 minutes. Add wine, increase heat to high, and cook until shrimp are cooked through and wine is reduced to 2 Tbsp, 2 to 3 minutes.

4. Add shrimp mixture and reserved cooking water to pasta; toss to coat. Season with freshly ground pepper to taste.

Makes 4 servings. Each serving: 762 cal, 24 g fat, 46 g protein, 91 g carb.





Cavatappi with sausage, peppers, and onions

Prep time: 5 minutes

Cooking time: 18 minutes

- $\frac{3}{4}$ lb hot or sweet bulk Italian sausage meat**
- 1 large onion, diced**
- 1 each red and yellow bell pepper, cut into 2-inch strips**
- 3 garlic cloves, chopped**
- 2 cups marinara sauce**
- 1 lb dried cavatappi, rotelle, or penne pasta**

- 1.** Bring a large pot of salted water to a boil.
- 2.** Heat $\frac{1}{4}$ cup olive oil in a large heavy skillet over medium heat; add sausage and onion and sauté, breaking up sausage into smaller clumps until browned and onion is translucent, 6 minutes.

3. Add peppers and garlic to skillet and sauté 1 minute. Add marinara sauce, $\frac{1}{2}$ tsp kosher salt, and $\frac{1}{4}$ tsp black pepper. Bring mixture to a boil, reduce heat to low, cover, and simmer, stirring occasionally, 8 minutes.

4. While sauce simmers, add pasta to boiling water, stir well, and cook over high heat until it's not quite al dente, 1 or 2 minutes less than the cooking time on the package.

5. Drain pasta, then add to sauce. Continue to cook over low heat to meld all the flavors, gently lifting and tossing the pasta, 2 minutes or until coated with sauce and just tender to the bite.

Makes 4 servings. Each serving: 778 cal, 29 g fat, 27 g protein, 104 g carb.



NEED A GROCERY LIST?

Scan this code with your smartphone to get them for all these pastas. Download a free QR code reader at i-nigma.com.



Sicilian pasta salad

Prep time: 10 minutes

Cooking time: 10 minutes

- 1 lb dried penne, orecchiette, or shell pasta
- 3 Tbsp white balsamic vinegar
- 1 pint mixed cherry tomatoes, halved
- 1 medium head radicchio (about 10 oz), cored, shredded
- 1 cup mixed pitted olives, halved
- 1 cup crumbled Ricotta Salata cheese

directions until al dente, about 10 minutes.

2. While pasta is cooking, whisk $\frac{1}{3}$ cup extra virgin olive oil and vinegar in a large serving bowl. Add remaining ingredients and toss until coated.

3. Drain pasta and add to serving bowl. Season with $\frac{1}{2}$ tsp kosher salt and freshly ground black pepper to taste. Toss to combine.

Makes 4 servings. Each serving: 793 cal, 36 g fat, 23 g protein, 97 g carb.

1. Bring a large pot of salted water to a boil. Add penne and cook according to package



2 readers will win a 10-piece set of aluminum and copper cookware from Anolon, worth \$400. To enter, go to redbookmag.com/freebies. See page 174 for details.

Creamy farfalle with ham and peas

Prep time: 5 minutes

Cooking time: 10 minutes

- 1 lb dried farfalle (bow-tie) pasta
- $1\frac{1}{2}$ cups frozen green peas
- 1 cup finely diced onion
- 1 (8-oz) tub Mascarpone cheese
- 12 oz piece smoked Virginia ham, cut into thin 1-inch strips
- Juice and zest of 1 lemon

1. Bring a large pot of salted water to a boil. Add pasta and cook according to package directions until al dente. A minute before pasta is done, add peas.

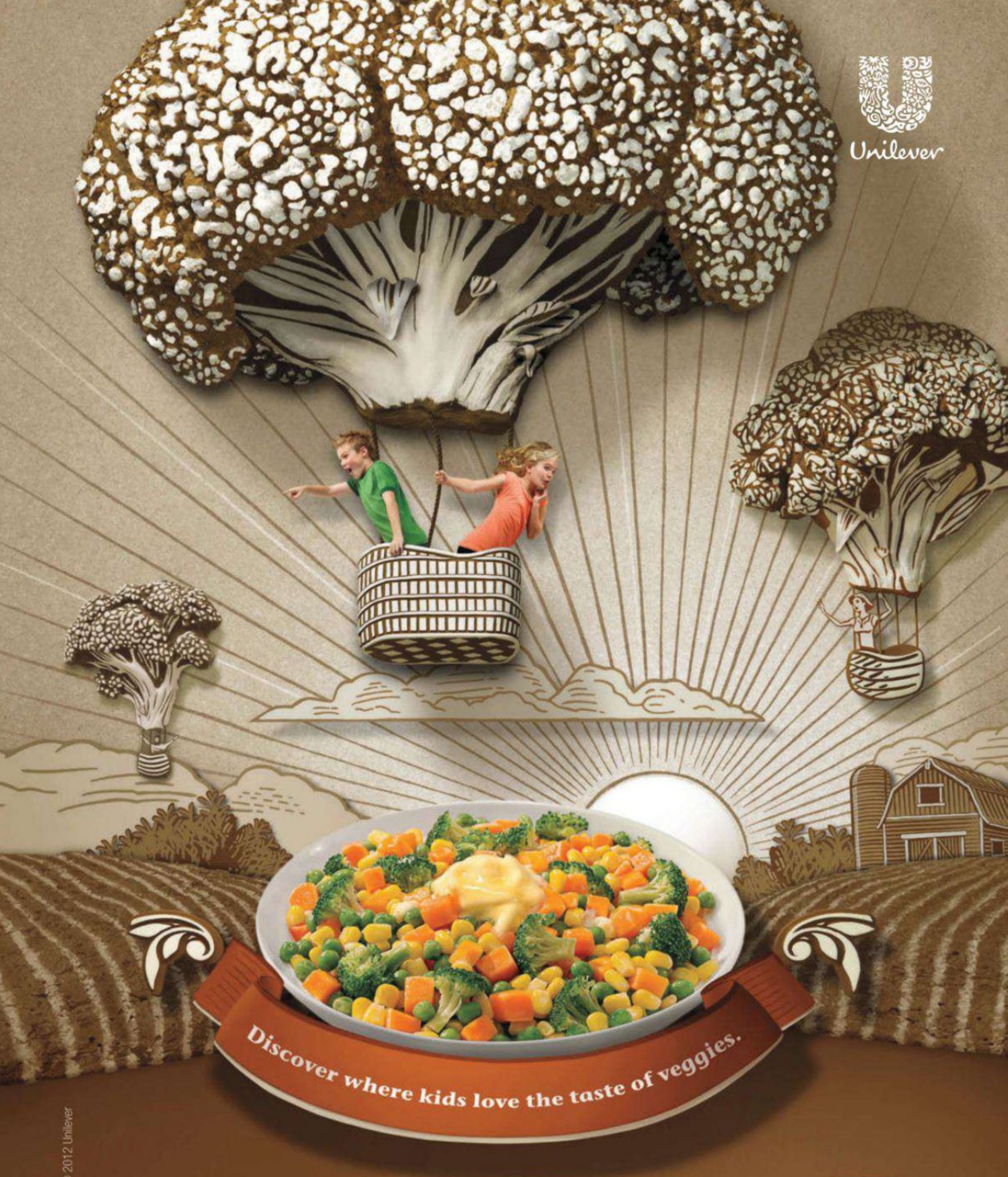
2. While pasta cooks, melt 1 Tbsp butter in a large deep skillet over medium heat. Add onion and cook, stirring occasionally, until

translucent, 4 minutes. Add Mascarpone and ham and stir occasionally until heated through, 3 minutes more. Reduce heat to very low to keep warm.

3. Drain pasta and peas, reserving 1 cup of the pasta cooking water. Add pasta and peas to sauce, along with lemon zest and juice, $\frac{1}{2}$ tsp kosher salt, and $\frac{1}{4}$ tsp freshly ground black pepper. Toss to combine, adding some of the reserved cooking water if needed to make a light, creamy sauce.

Makes 4 servings. Each serving: 831 cal, 33 g fat, 36 g protein, 100 g carb.





Discover where kids love the taste of veggies.

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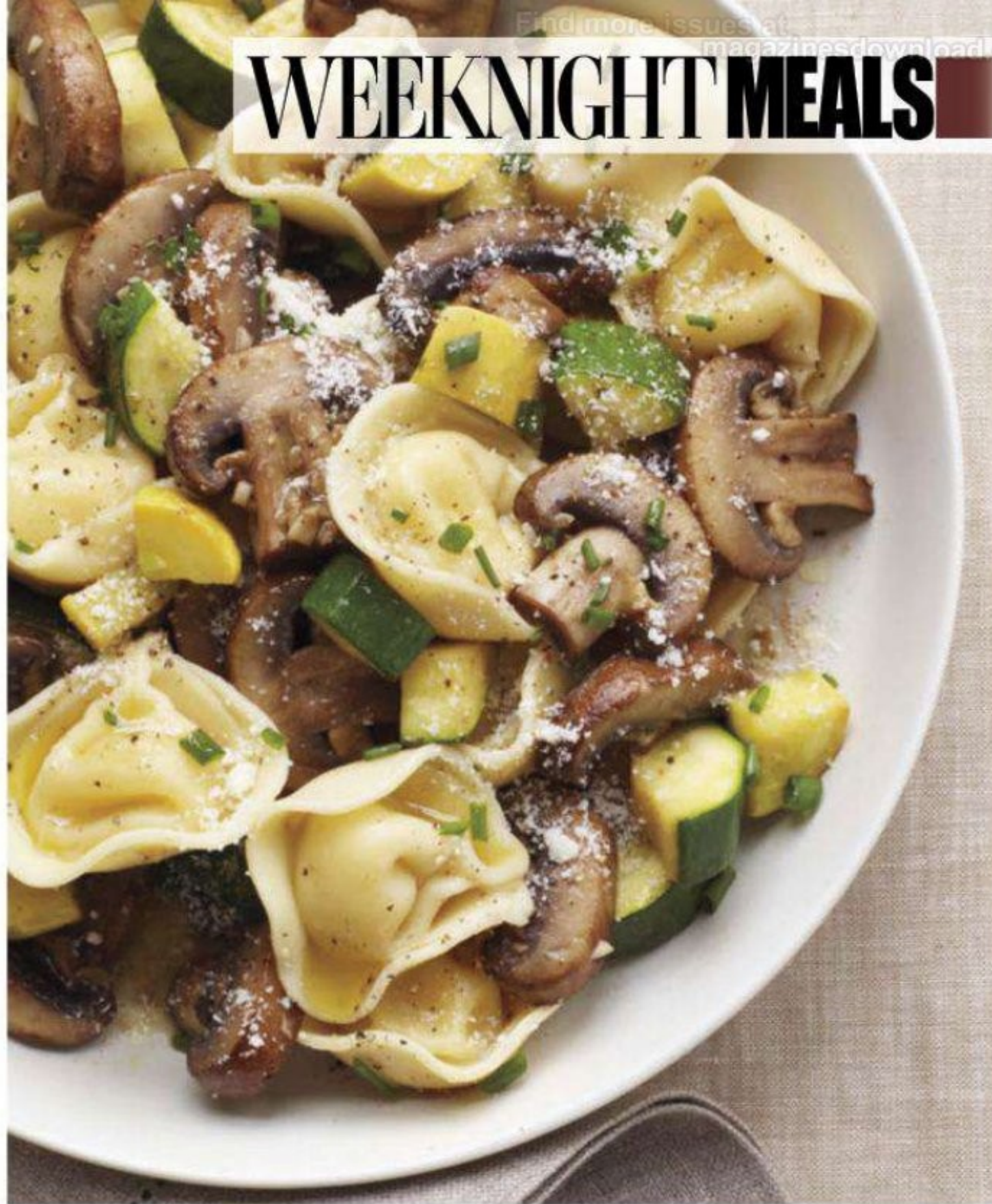


Make **Hidden Surprise Easter Egg Treats™** and discover something together.

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WEEKNIGHT MEALS



Cheesy tortelloni with veggies

Prep time: 10 minutes
Cooking time: 15 minutes

- 1 garlic clove, chopped
- $\frac{3}{4}$ lb crimini mushrooms, thickly sliced (4 cups)
- 1 lb mixed summer squash (zucchini and yellow squash), quartered lengthwise, sliced
- 1 lb fresh or frozen cheese tortelloni
- $\frac{1}{3}$ cup grated Parmesan
- 2 Tbsp snipped chives

1. Bring a large pot of salted water to a boil.
2. Heat 2 Tbsp each extra virgin olive oil and unsalted butter in a large deep skillet over medium-high heat. Add garlic and sauté until translucent, 1 to 2 minutes. Add mushrooms and sauté 5 minutes or until golden brown. Add squash, $\frac{1}{2}$ tsp kosher salt, and $\frac{1}{4}$ tsp freshly ground black pepper and continue to sauté 3 to 4 minutes, until just tender. Cover and keep warm.

3. Meanwhile, add tortelloni to boiling water, stir well, and cook according to package directions. Reserve $\frac{1}{2}$ cup of the pasta cooking water and drain pasta. Toss tortelloni into mushroom sauce, adding some of the reserved cooking water to make a light sauce. Stir in Parmesan and chives.

Makes 4 servings. Each serving: 532 cal, 25 g fat, 22 g protein, 60 g carb.

Sauce, meet your perfect pasta

Try these shapes with chunky sauces. Their grooves and crevices hold bits of meat and veggies better.

Serve long strands with smooth sauces like pesto and marinara, which will coat them evenly.



Rice Krispies Hidden Surprise Easter Egg Treats™

Ingredients:

- 12 plastic snap-apart 3 x 2-in. Easter eggs
- 3 tablespoons butter or margarine
- 4 cups miniature marshmallows
- 6 cups Kellogg's® Rice Krispies® cereal
- $\frac{1}{2}$ cup of M&M'S® Brand Chocolate Candies
- Canned frosting or decorating gel (optional)

Directions:

1. Clean, then coat inside of plastic eggs with cooking spray. Set aside.
2. In a large pan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.
3. With greased hands, firmly press $\frac{1}{4}$ cup of cereal mixture into each plastic egg half. Make hollow centers in each half. Remove from molds. Place on wax paper. Cool slightly.
4. Place about 6 candies in one half of each egg. Gently press the two halves together until they stick. Cool completely.
5. Decorate as desired with frosting and candies.

Serving size = 1 egg

For more recipes and nutrition information, visit ricekrispies.com



Watch how to make **Hidden Surprise Easter Egg Treats™**. Scan or text TREATS to 80404 for a link to a video.

Message and data rates may apply. Check your carrier for details.

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RESTAURANT REDO

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CALORIES
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REDBOOK's chicken quesadilla with bacon

- 8 slices bacon
 - 1 lb chicken tenders
 - 1 tsp coarse salt
 - 1/2 tsp black pepper
 - 1 firm, ripe avocado
 - 1 Tbsp fresh lime juice
 - 4 tomatoes, sliced
 - 1/2 cup each shredded Swiss and cheddar cheeses
 - 8 (8- to 8 1/2-inch) flour tortillas
- Accompaniments: salsa and low-fat sour cream

1. In a large nonstick skillet, cook bacon over medium heat until crisp, 5 to 6 minutes; drain on paper towels. Break pieces in half.
2. Meanwhile, heat a nonstick pan over medium heat. Spray with cooking spray. Season chicken on both sides with salt and pepper. Cook 4 minutes per side or until

cooked through. Remove from heat; cut chicken into strips.

3. Halve avocado and remove pit. Cut flesh into thin slices, then scoop out of peel with a spoon. Drizzle lime juice over avocado slices.

4. Top 4 of the tortillas with chicken, bacon, avocado, tomatoes, and cheese, dividing evenly. Place remaining tortillas on top.

5. Place 1 quesadilla in a skillet over medium heat, pressing down occasionally until browned on one side, 3 to 4 minutes. Carefully flip and cook second side until tortilla is browned and cheese is melted. Keep warm while you repeat with the remaining quesadillas. Cut each into wedges; serve with salsa and sour cream.

*Makes 4 servings. Each serving:
722 calories, 31 g fat, 45 g protein,
66 g carb.*



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APRIL'S SUPERFOOD: ARTICHOKES

If you've never experienced the joy of devouring every tender, sweet bite of a fresh artichoke, head to the produce aisle right now! 'Chokes look medieval (all those *thorns*), but they're surprisingly simple to prepare. Choose bulbs with tightly closed leaves, then wash, trim the stem, and boil until the leaves peel away easily, about 45 minutes. Serve with melted garlic butter for dipping, or mix up this tangy sauce: ¼ cup reduced-fat mayo; ¼ cup Greek yogurt; juice from 1 lemon; and 2 cloves of garlic, minced. A whole artichoke has only 76 calories but an astounding 9 grams of fiber, more than a third of what you need in a day. Also tasty: Toss thawed frozen artichoke hearts into salads or pasta. —JESSICA GIRDWAIN

GIMME A NEW GRAIN!

Whole grains are a weight-loss secret weapon. Your body digests them more slowly than the refined kind (like you'd find in white pasta or white rice), and they help protect your heart. But brown rice... *again*? Don't despair. Registered dietitian Kate Geagan has a few alternatives.

• **FARRO** (pronounced *FAHR-oh*): This nutty-flavored type of wheat is rich in feel-full fiber. Research also shows that farro is higher in disease-fighting antioxidants than whole-grain bread.

DINNER

IDEA: Use it in place of rice in risotto, or add cooked farro to salad for some chewy-good texture.

• **CHIA** (pronounced *CHEE-yah*): These mini black seeds (yes, the same ones you used to grow hair on your Chia Pet!) are a great source of alpha-linoleic acid, a type of omega-3. One tablespoon also has 5 grams of fiber and 3 grams of filling protein. **BREAKFAST IDEA:** You don't need to cook chia seeds; just sprinkle a tiny handful into yogurt.

• QUINOA

(pronounced *KEEN-wah*): Quinoa's claim to fame is that unlike other grains, it's a complete protein. That means you don't have to pair it with another protein source like meat or dairy. It's quick, too, cooking up in about half the time it takes to make rice. **SIDE IDEA:** Toss with chopped veggies and your favorite dressing for a healthy "pasta" salad. —J.G.



WE CAN'T STOP EATING... THESE NEW, BETTER-FOR-YOU CHIPS



Simply 7 Spicy Chili Pepper Hummus Chips

Who knew chickpeas could be baked into a chip? They can, and the results are "light and addictive," said one tester. Plus, you get 2 grams of protein in a serving.



Beanitos Chipotle BBQ Black Bean Chips

These rounds—made from beans and rice—have 4 grams of satisfying protein, and one serving has as much heart-healthy fiber as two slices of whole-wheat bread. "Yum! Perfect for guac or salsa," said one tester.



Food Should Taste Good Original Sweet Potato Chips

These have more fiber and tons more vitamin C than regular white potato chips. They're "crispy, crunchy, and not at all greasy," said staffers. —EUNEY KIM



10 readers will win 12 bags of the sweet potato chips, worth \$45. To enter, go to redbookmag.com/freebies. See page 174 for details.

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HUNGRY GIRL'S FOOD FIX

Diet-food **FAKERS**

In honor of April Fools' Day, Hungry Girl Lisa Lillien warns you off 4 foods that seem low-cal but aren't.

LOW-CAL



Coconut water and coconut milk "beverage"



Freeze-dried fruit



Flavored coffee beans



Balsamic vinegar

NOT SO LOW

Coconut milk

Thick, white coconut milk, which is used in curries and piña coladas, is a nutritional nightmare at 450 calories and 50 grams of fat per cup. Don't confuse it with unsweetened coconut water, the clear liquid found inside the coconut, which has only 45 calories per cup. Coconut water is packed with electrolytes, making it a perfect post-workout sip. Unsweetened "coconut milk beverage," a dairy-free alternative, is another decent bet, with about 50 calories per cup.

Regular old dried fruit

Dried fruits, like raisins, are shriveled down to a tiny percentage of their original size, meaning their sugars and calories are also condensed. A ¼ cup of regular dried fruit has about 100 calories, compared with just 25 for freeze-dried fruit, which is simply zapped of its moisture and doesn't end up much smaller than its former self. I like the freeze-dried apples from Funky Monkey.

Flavored instant coffee

The flavored instant powdered coffee mixes you dissolve in hot water are often sugar-sweetened and can have as many as 100 calories per serving. The good news: Sweet-tasting vanilla, hazelnut, or other flavored coffee beans or grounds (the kind you have to brew) are virtually calorie-free—you might get 5 calories in a cup.

Balsamic vinaigrette

Some prepackaged vinaigrettes aren't any lower in calories than creamy dressings! Annie's Naturals Balsamic Vinaigrette, for example, has 100 calories and 10 grams of fat per 2-tablespoon serving. Go for straight-up balsamic vinegar instead, which is typically very low-cal: 10 per tablespoon.

Ask Hungry Girl



Sane snack: a 1-ounce square of dark chocolate for 150 calories.

Q *I'm bored with my carrot sticks! Can you suggest any good under-200-calorie nibbles?*

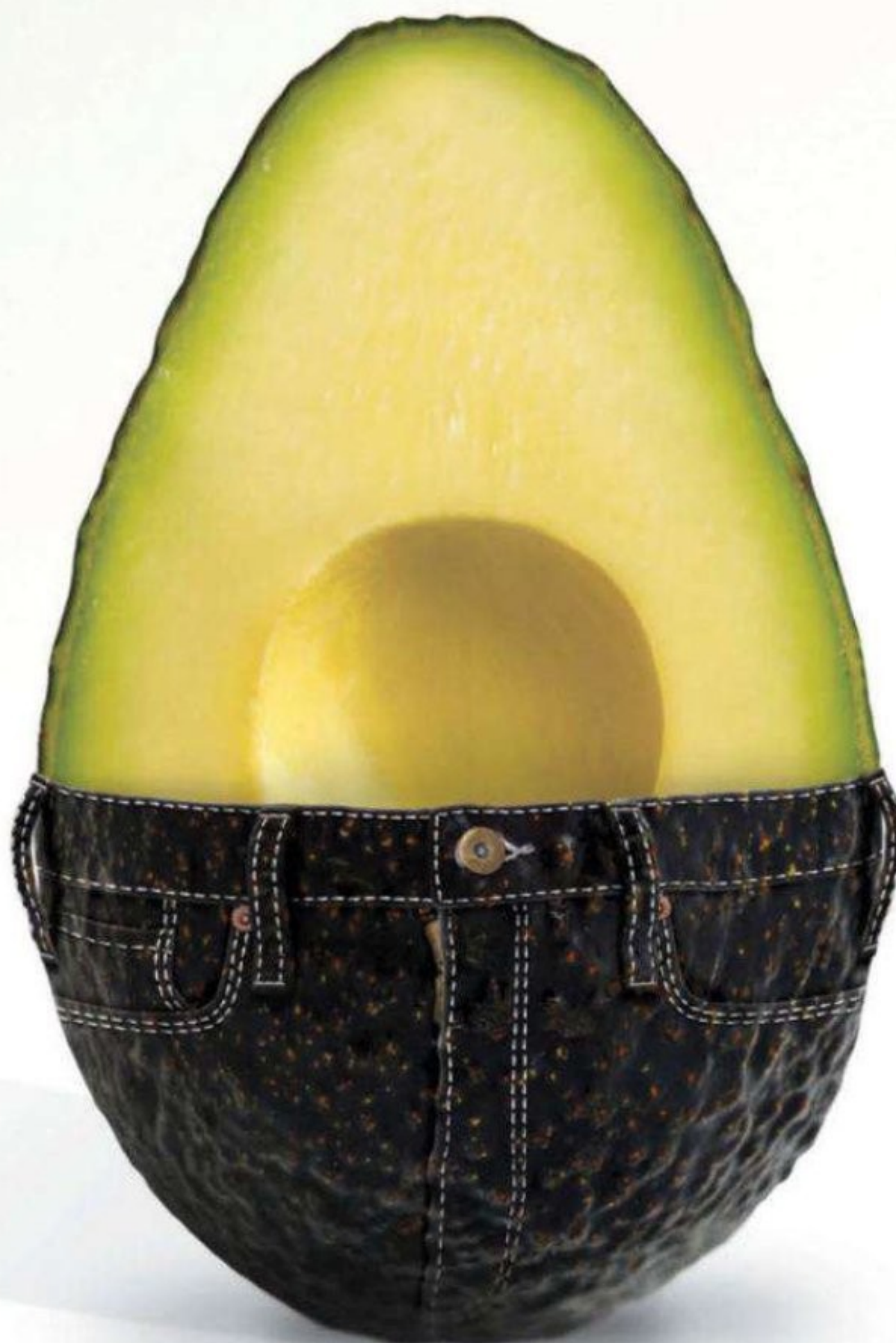
A I'm all about switching up my snacks and choosing foods that have lots of fiber and protein, which help keep me feeling full. These are some of my faves, but get inspired and invent some combos of your own.

• **CINNAMON-APPLE COTTAGE CHEESE** Zazzle up a ½-cup serving of plain fat-free cottage cheese with a sprinkle of cinnamon, a drop of vanilla extract, and a chopped apple. This also works great as a quickie breakfast.

• **LIGHT STRING CHEESE + ALMONDS** Weight Watchers has an amazing smoked string cheese with only 50 calories per stick. It's great paired with a handful of unsalted almonds (15 is the perfect amount).

• **LEAN TURKEY SLICES + PICKLES** Wrap 4 ounces of deli-sliced turkey breast around four pickle spears. Filling *and* low in calories.

Want more? Sign up for Hungry Girl's free email newsletters at hungry-girl.com to get new guilt-free recipes, tips, and tricks every day.



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*Avocado and
Black Bean Salad*



WHAT I KNOW ABOUT FOOD

Sara Ramirez

The *Grey's Anatomy* star will tell you that food heals all. So what does she cook for her costars? Find out here.



"I think we should celebrate food and not deprive ourselves—I've changed my lifestyle and I'm much healthier now, but that doesn't mean I never indulge!"



"My Mexican specialty is chilaquiles. I make tortillas from scratch, then add garlic, onions, eggs, chopped-up carrots and peppers, Jack cheese, and salsa."



"I love cooking over an open fire while camping!" says the star, snapped on a recent trip in California.

I'll convert anyone to veggies. On set recently, people were lamenting the fact that they're not excited about vegetables and that their kids don't like them either. So I brought in some roasted cauliflower for them to try. One of our writers asked me for the recipe, and her family loved it! [Go to redbookmag.com/sarasrecipe for the details.] It makes me happy to nurture people through food.

My kitchen is my baby. I don't have kids, so cooking is sort of like my child. Renovating my kitchen has allowed me to channel my creativity the way parents work on a nursery. The centerpiece is my vintage 1950s Wedgewood stove. It's a big deal for me. I don't spend money left and right, so I've never built anything like this for myself, and I'm loving the process.

Eating well is a lifelong priority. My appreciation for cooking and healthy living came from watching my best friend die from liver cancer in 2008. I realized that I needed to make some big changes if I wanted to be around for a long time, so now I'm more cautious of how much I eat, what I'm eating, and how often. I also try to eat locally and seasonally. I have more energy and feel better every single day. —AS TOLD TO BRITTANY BURKE



"My chicken soup is the best medicine. I put in a whole chicken, leeks, onions, carrots, celery, broccoli, squash—even collard greens."



"I love how Jamie Oliver makes seasonal, local foods in a rustic way, without a lot of fuss."

4 THINGS YOU'LL ALWAYS FIND IN MY KITCHEN

BREVILLE JUICER



"It's a great way to drink my vegetables."

GARLIC



"It's like gold to me; it's so medicinal. I toss it in soups to help me detox!"

GARBANZO BEANS



"I love that they're packed with protein and fiber, and easy to throw into everything."

HERBAMARE SEA SALT



"It's mixed with onion, celery powder, herbs, and veggies, and gives great flavor."

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pheel triumphant

Philadelphia Vanilla Mousse Cheesecake

Makes 16 servings:

40 NILLA Wafers, crushed
(about 1 ½ cups)

3 Tbsp. butter or margarine, melted

4 pkg. (8 oz. each) PHILADELPHIA
Cream Cheese, softened, divided

1 cup sugar, divided

1 Tbsp. plus 1 tsp. vanilla, divided

3 eggs

1 tub (8 oz.) COOL WHIP
Whipped Topping, thawed

HEAT oven to 325°F.

Mix wafer crumbs
and butter; press
onto bottom of 9-inch
springform pan.

BEAT 3 pkg. cream
cheese, ¾ cup sugar
and 1 Tbsp. vanilla
with mixer until well
blended. Add eggs
one at a time, mixing
on low speed after
each just until blended.
Pour over crust.

BAKE 50 to 55 min.
or until center is almost
set. Run knife around
rim of pan to loosen
cake; cool completely
in pan.

BEAT remaining cream
cheese, sugar and
vanilla with mixer in
large bowl until well
blended. Whisk in
COOL WHIP; spread
over cheesecake.
Refrigerate 4 hours.
Remove rim of
pan before serving
cheesecake. Garnish
with fresh berries
if desired.



pheel the moment

5 TRICKS TO... GET THAT LUXE SPA FEELING—AT HOME

PAGE 60: Philosophy Amazing Grace **scrub**, \$25; philosophy.com. Molton Brown Seamoss Stress-Relieving **Hydrosoak**, \$28; Molton Brown, moltonbrown.com. Kate Somerville ExfoliKate Gentle **Exfoliating Treatment**, \$65; katesomerville.com. Peter Thomas Roth Cucumber Gel **Masque**, \$45; Sephora, Ulta, peterthomasroth.com.

BEAUTY SHOPPER

PAGE 64: Stila Smudge Crayon Waterproof **Primer + Shadow + Liner**, \$22; Ulta, stilacosmetics.com. OPI **Nail Lacquer**, \$8.50; opi.com for retail locations. Givenchy Le Bouquet Absolu **eau de toilette**, \$58; Dillard's. Pixi Tinted Brilliance **Balm**, \$16; pixibeauty.com, target.com. Estée Lauder Oil-Free **DayWear Creme SPF 25**, \$45; Estée Lauder counters, esteelauder.com. Burberry **Lip Cover**, \$30; select Nordstrom stores, Saks Fifth Avenue. MAC Extra Dimension **Eyeshadow**, \$20; all MAC locations, 800-588-0070, maccosmetics.com. Bath & Body Works **Fragrance Mist**, \$14; Bath & Body Works, bathandbodyworks.com. Rita Hazan Foaming Color **Gloss**, \$25; Sephora, sephora.com.

ANTI-AGING

PAGE 68: Dr. Brandt Pores No More **Pore Refiner**, \$45; drbrandtskincare.com. Clarins Extra Firming Day **cream**, \$80; Clarins counters nationwide, clarinsusa.com. Clinique RepairWear Uplifting **Cream**, \$58; Clinique counters, clinique.com. Tanda Luxe Skin Rejuvenation **Photofacial Device**, \$195; Bloomingdale's, Nordstrom, sephora.com. LightStim for Wrinkles **device**, \$249; store.lightstim.com.

Q & TRIPLE A

PAGE 70: First Aid Beauty Detox **Eye Roller**, \$24; sephora.com. Kinerase Restructure Firming **Eye Cream**, \$55; kinerase.com. Tory Burch **sunglasses**, \$149; toryburch.com. Yves Saint Laurent **Touche Éclat**, \$40; yslbeautyus.com. Sephora Collection **EyeLash Curler**, \$16; sephora.com.

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PAGE 139: J.Crew **sweater**, \$88, and **skirt**, \$128; jcrew.com. Reiss **heels**, \$300; reissonline.com. Spring Street **ring**, \$34; springstreetdesign.com.

PAGE 140: Marimekko **top**, \$249; us.marimekko.com. BaubleBar **necklace**, \$54; baublebar.com. Citizens of Humanity **jeans**, \$164; piperlime.com. Elizabeth and James **heels**, \$325; couture.zappos.com.

PAGE 141: Strenesse Blue **dress**, \$580; Anik, NYC, 212-861-9840. Ippolita **necklace**, \$1,495; ippolita.com. Nicholai by Nicky Hilton **ring**, \$90; Kitson, Los Angeles, 310-859-2652. Jules Reid **coat**, \$775; julesreid.com.

PAGE 142: Jewel by Lisa **dress**, \$840; heritage1960.com. KumKum **bracelet**, \$650; shopkumkumjewelry.com. Sushma Patel **clutch**, \$110; sushmapatel.us.

PAGE 143: Make Me Chic **hat**, \$13; makemechic.com. Brooks Brothers **shirt**, \$80; Brooks Brothers, 800-274-1815, brooksbrothers.com. Ted Baker London **jacket**, \$235; tedbaker.com. Marie Todd **bracelet**, \$575; marietodd.com. Reiss **pants**, \$170; reissonline.com.

PAGE 144: Carrie Parry **shirt**, \$285; carrieparry.com. Boden **sweater**, \$198; bodenusa.com. Efva Attling **rings**, \$360 each; efvaattling.com. Whit **skirt**, \$325; shopbird.com. Lela Rose for Payless **flats**, \$42.99; select Payless stores, payless.com.

PAGE 145: Ann Taylor **top**, \$28; anntaylor.com. Loquita **scarf**, \$170; loquitany.com. C. Wonder **bangle**, \$28; cwonder.com. Belle Noel **bracelet**, \$110; endless.com. Misela **clutch**, \$95; miselaistanbul.com. Yumi Kim **skirt**, \$143; yumikim.com. Charles David **wedges**, \$135; charlesdavid.com.

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Chocolate peanut-butter-cup treats

Prep time: 20 minutes

Cook time: 5 minutes

- 1/4 cup unsalted butter
- 1 (10 1/2-oz) bag miniature marshmallows
- 1 cup extra-crunchy peanut butter
- 1 1/2 tsp vanilla extract
- 6 cups toasted-rice cereal (like Rice Krispies)
- 1 cup semisweet chocolate chips
- 3/4 cup mini peanut butter cups, quartered

1. Line a 13x9-inch baking pan with nonstick foil, extending foil 2 inches beyond the edges.
2. In a 6-quart pot, melt butter over medium-low heat. Add marshmallows and stir with a rubber spatula until almost melted.
3. Add peanut butter and vanilla to marshmallow mixture and stir until smooth.
4. Remove from heat. Stir in cereal until it's evenly coated with the marshmallow mixture.
5. Press mixture into pan in an even layer and cool completely.
6. Melt chocolate chips in microwave, then drizzle over cooled cereal. Scatter peanut butter cup pieces on top and refrigerate until chocolate hardens.
7. Remove from pan and peel off foil. Cut into 24 squares. Store in an airtight container.



Coconut pineapple treats

Prep time: 10 minutes

Cook time: 5 minutes

- Butter and marshmallows as in first recipe
- 2 oz chopped white chocolate
- 1 1/2 tsp coconut or vanilla extract
- 6 cups toasted-rice cereal
- 2 cups sweetened flaked coconut
- 1 cup finely diced dried pineapple

- Repeat steps 1 and 2 in first recipe.
3. Stir in chocolate and extract and continue to stir until mixture is blended and smooth.
 4. Remove from heat. Stir in cereal, 1 cup of the coconut, and pineapple until cereal is evenly coated with the marshmallow mixture.
 5. Press mixture into pan in an even layer. Spread top with the remaining 1 cup of the coconut. Cool completely. Then repeat final step in first recipe.



Rocky road Nutella treats

Prep time: 15 minutes

Cook time: 5 minutes

- Butter and marshmallows as in first recipe
- 2/3 cup Nutella
- 1 1/2 tsp vanilla extract
- 6 cups Cocoa Krispies cereal
- 1 cup Marshmallow Fluff

- 1 cup miniature marshmallows
- 1/2 cup chopped toasted pecans
- 1/3 cup semisweet chocolate chips

- Repeat steps 1 and 2 in first recipe.
3. Stir in Nutella and vanilla and continue to stir until mixture is blended and smooth.
 - Repeat steps 4 and 5 in first recipe.
 6. Spread Fluff over cooled cereal in pan. Evenly scatter mini marshmallows, pecans, and chocolate chips on top, gently pressing down to adhere. Then repeat final step in first recipe.



Salted caramel treats

Prep time: 20 minutes

Cook time: 10 minutes

- Caramel**
- 1 (14-oz) bag caramels (about 50), unwrapped
- 1 (14-oz) can sweetened condensed milk
- 1/4 cup unsalted butter
- Squares**
- Butter and marshmallows as in first recipe
- 1 1/2 tsp vanilla extract
- 3 tsp sea salt flakes (such as Maldon)
- 8 cups toasted-rice cereal

- Caramel:** Stir ingredients in a medium saucepan over medium-low heat until melted and smooth. Remove from heat.
- Squares:** Repeat steps 1 and 2 in first recipe.
3. Stir in vanilla, 1 tsp of the sea salt, and 1 cup of the caramel mixture. Continue to stir until mixture is blended and smooth.
 - Repeat steps 4 and 5 in first recipe.
 6. Spread the remaining 1 cup of the caramel mixture over cooled cereal. Sprinkle with the remaining 2 tsp of the sea salt. Then repeat final step in first recipe.



Cranberry white chocolate treats

Prep time: 10 minutes

Cook time: 5 minutes

- Butter and marshmallows as in first recipe
- 4 oz chopped white chocolate
- 1/4 cup seedless red raspberry jam
- 1 1/2 tsp raspberry or vanilla extract
- 1/4 tsp liquid red food coloring
- 7 cups toasted-rice cereal
- 1 cup dried cranberries

- Repeat steps 1 and 2 in first recipe.
3. Stir in chocolate, jam, extract, and food coloring and continue to stir until mixture is blended and smooth.
 4. Remove from heat. Stir in cereal and cranberries until evenly coated with the marshmallow mixture.
 - Repeat steps 5 and 7 in first recipe.

—RECIPES BY FRANK P. MELODIA

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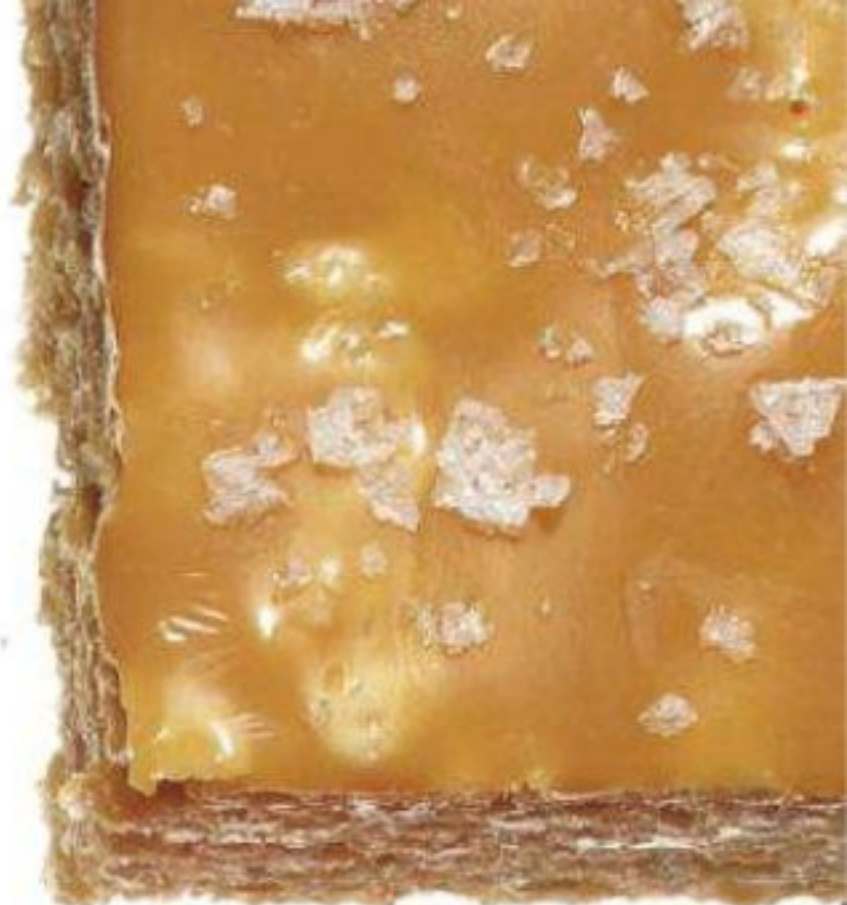
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